

Biography

My love of working with people stems from a long career in the British Army. I joined the military at the age of 16 and have enjoyed a fantastic career both as a soldier and commander, working in hostile environments and even the Royal households. Working with and being responsible for people when they are at their perceived limits is an experience in itself.

During my time in the military, I was also lucky enough to be selected and compete for my country at Olympic level in the sport of bobsleigh as a bobsleigh driver. As a team captain, I really experienced the power of performance and mindset of athletes, having mentored many junior athletes over the years, and helping them produce their best on the day.

In June 2022, I decided to push my limits, taking part in an unsupported ocean rowing expedition around the British Isles. This challenge really made me understand how much your mind plays a part in achieving physical goals.

In my spare time, I lead a project in West Africa, which helps local farmers, teaches them sustainable farming/agricultural practices and education in deforestation and environmental impact.



Lamin Deen

Team Coach

Clients

- British Army
- Somerset Birdge Group
- Go Skippy Insurance
- Chicken Town Sierra Leone

Credentials

Military Experience

Operational tours worldwide, working closely with communities

Working in large diverse groups and leading teams in high-risk environments

Olympic Games

10 x World Championships:

Won multiple World Cup medals, including a historic first ever British 4 man gold-medal

Colleague View

“Working with Lamin is an absolute pleasure. His life experiences and achievements give him a wide and varied perspective on finding the right solutions for whatever challenges we face.”

Client View

“Lamin is always professional, thoughtful and gives 100% all the time. It is always a pleasure to work with him and he is never short of creative out of the box solutions.”



[Watch Lamin's YouTube Video](#)