



# Ben Shephard

TV Presenter



## CSA CELEBRITY SPEAKERS

After waking up with the nation for 10 years on the GMTV sofa, he is now an anchor at Sky Sports, covering the Champions League and Capital One Cup and co-presents Goals On Sunday. Ben also presents Tipping Point, a game of knowledge, tactics and skill for the contestants going head-to-head with the show's iconic machine.

**"Ben has an ability to bring out the best in others and make them feel at ease"**

### In detail

Having broken four Guinness World Records, Ben is always seeking to conquer his next extreme physical feat. Ben is an active patron of a number of charities that work to better the lives of children and young people. Alongside family and friends, he dedicates much of his free time to working with each charity on their fundraising initiatives. Many activities involve putting himself through extreme physical challenges. He's launched an endurance running and cycling event (C2C), boxed Lemar (for Sport Relief), climbed Mount Kilimanjaro and hosted many events (Help Harry Help Others, Cystic Fibrosis Trust, the Haven House Children's Hospice). Ben also hosted ITV1's Mystery Map; touring Britain to find out more about some of Britain's most intriguing and unexplained mysteries.

### What he offers you

Consultant, host and brand ambassador - Ben works on effective communication strategies, inspiring a range of different businesses. Ben demonstrates to senior business leaders the art of brilliant communication, drawing on insights he's developed during 15 years working with incredible people under pressure.

### How he presents

Ben Shephard is passionate about people - their lives, their stories and their challenges. With a genuine warmth and ability to bring out the best in others, Ben is one of Britain's most popular television presenters.

### Languages

He presents in English.

### Want to know more?

Give us a call or send us an e-mail to find out exactly what he could bring to your event.

### How to book him?

Simply phone or e-mail us.

### Topics

Communication  
Building Brands  
Host and Presenter