

ANTHONY BRYAN

MOTIVATIONAL SPEAKER | GUINNESS WORLD RECORD HOLDER

FROM PARALYSIS TO WORLD RECORDS



**FOCUS ON WHAT YOU CAN DO,
NOT WHAT YOU CAN'T.**

MY STORY

At six years old, I underwent surgery for a brain tumour and suffered a stroke that left me paralysed down my left side. I was told I would never run again. Rather than let that define my future, I discovered what I could achieve through sport, resilience and self-belief.

Today I am a two-time Guinness World Record holder, an international adaptive athlete and a motivational speaker. I share my journey to encourage young people to believe in their potential, embrace differences and pursue their goals.

SPORTING HIGHLIGHTS

- 2 Guinness World Records: marathon and half marathon with hemiplegia
- 3rd place - HYROX World Championships, Adaptive Neuro Major (2026)
- 2024 Spirit of the London Marathon Award winner
- Double gold medallist - Cerebral Palsy World Games (800m and 1500m)

THE NO LIMITS ATHLETE

Inspiring the next generation to believe in themselves

INSPIRING THE NEXT GENERATION

SCHOOL ASSEMBLIES | WORKSHOPS | Q&A SESSIONS



WHAT STUDENTS WILL TAKE AWAY

- Resilience and perseverance when facing challenges
- Self-belief, confidence and setting meaningful goals
- Disability awareness, inclusion and respect for differences
- The value of physical activity, effort and a positive mindset

SCHOOL VISIT OPTIONS

Motivational assembly + Q&A (30-45 minutes)	£250
Interactive talk + Q&A (60 minutes)	£350
Half-day visit: multiple talks or workshops	£500
Full-day school visit	£750

Sessions can be tailored for primary schools, secondary schools, sixth forms and colleges. Flexible pricing may be available for schools with limited budgets.

ENQUIRE OR BOOK A SCHOOL VISIT

Anthony Bryan | Motivational Speaker

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