



## Colin Jackson CBE

**One of the Greatest British Athletes**

*Great Britain's Legendary Hurdler*

Colin Jackson is without a doubt one of the greatest athletes, calling time on his outstanding athletics career in front of an adoring home crowd at the World Indoor Championships in Birmingham in 2003. He is now a regular reporter for The One Show BBC1.

### TOPICS:

- Consistent Application
- Raising Standards
- Striving For Excellence
- Goal Setting and Focus
- Mental Visualisation
- Technique
- Training and Realism

### IN DETAIL:

Following his retirement in 2003, Colin was a natural choice to become one of the key members of the BBC's sports production team and he continues to cover all of their Athletics output. Covering the Athens Olympics was obviously a highlight early in his broadcasting career and since then he has been an integral part of the BBC programming for all major athletic events, including the London Olympic Games in 2012 and the Rio Games in 2016. Colin co-hosted the BBC One live morning show Sunday Life for its duration during 2008 and also filmed The Truth About You for BBC One, a documentary looking at the science behind his body, brain and success. Colin traced his roots in a moving episode of BBC One's highly acclaimed, Who Do You Think You Are and dazzled us all with his dancing skills on Strictly Come Dancing and was thrilled to make it, by public vote, into the final. More recently Colin has honed his ice-skating skills for ITV1's Dancing on Ice Goes Gold and appeared in the BBC's 24 Hours in the Past.

### LANGUAGES:

He presents in English.

### PUBLICATIONS:

**2004** Colin Jackson: The Autobiography

### WHAT HE OFFERS YOU:

Colin draws from his long and successful career which epitomised the emotional ups and downs of the ultimate champion athlete. Colin discusses the importance of setting realistic goals and visualising and focusing on the end result, no matter what.

### HOW HE PRESENTS:

Colin's personable, yet professional approach, combined with his high profile, means that he is in demand from the commercial sector and like his on-screen presentation and commentary.