

Tom Daley

Five-Time Olympic Medalist and World Champion Diver

Authenticity & Personal Identity Tom shares his journey of embracing his identity in the public eye, highlighting how authenticity builds confidence, resilience and lasting personal success.

Diversity, Equity & Inclusion Drawing on his experiences as an LGBTQ+ advocate, Tom explores the value of inclusive cultures and how organisations can create environments where everyone feels they belong.

Performing Under Pressure As a five-time Olympic medalist, Tom reveals the mental strategies, discipline and focus required to thrive in high-pressure situations and achieve peak performance.

Breaking Barriers & Driving Change Tom discusses the importance of challenging stereotypes, embracing difference and using your platform to inspire positive change within communities and organisations.