



Helping leaders build careers and lives... that last!

Chris Ducker is a keynote speaker, leadership strategist, serial entrepreneur, and bestselling author with over 20 years of experience building and advising high performance teams and organisations.

He helps leaders across all industries, from entrepreneurs and executives to senior leadership teams and middle management, to achieve meaningful, long-term results without burnout, chaos, or short-term thinking.

As the author of three bestselling books, namely *The Long-Haul Leader*, *Rise of the Youpreneur*, and *Virtual Freedom*, Chris is known for his straight-talking, yet inspiring style. He has founded and scaled multiple seven-figure businesses and mentored thousands of leaders worldwide.

Best known for his Long-Haul Leader philosophy: a practical, human-first approach to leadership, performance, and sustainability in today's demanding world of work, Chris' leadership insights have been featured in *Forbes*, *Inc. Magazine*, the *BBC*, *Entrepreneur*, syndicated on *CBS*, and *SUCCESS Magazine*.

What Audiences Experience

Chris' sessions are equal parts clarity, challenge, and calm authority. Audiences leave with:

- Clear direction and decision-making confidence.
- Practical frameworks they can apply immediately.
- Greater focus, energy and leadership presence.
- A long-term mindset for sustainable performance.

This is not hype or motivation for motivation's sake. It's grounded leadership thinking for people who want to perform at a high level, for the long-haul.



Signature Talks

The Long-Haul Leader: How to Go the Distance at Work and in Life

Available in 45 minute and 60 minute sessions

A flagship keynote for leaders navigating constant pressure, complexity and change. Delivered with high-energy and an empathetic style. Audiences will learn how to:

- Break out of the burnout and “always on” cycle.
- Lead with clarity instead of intensity.
- Build sustainable momentum at work and in life.
- Make decisions that align performance with wellbeing.

Clarity Over Chaos: Finding your ‘True North’ in a Noisy, Demanding World

Available in 45 minute and 60 minute sessions

A highly relevant keynote for organisations undergoing change or growth, particularly where leaders are experiencing prolonged strain. Audiences will learn how to:

- Identify what truly matters and let go of the rest.
- Cut through distraction and decision overload.
- Move from reactive leadership to intentional leadership.
- Align professional responsibilities with personal values.

Consistency Beats Intensity: Why Sustainable Leadership Outperforms ‘Hustle’

Available in 45 minute and 60 minute sessions

A no-nonsense session concentrating on sharpening focus, managing energy, and building new habits for long-term performance. Audiences will learn how to:

- Create rhythms that support focus and recovery.
- Protect energy as a leadership asset.
- Design their week instead of surviving it.
- Build systems that make consistent progress inevitable.

Why Organisations Book Chris

Organisations book Chris when they want more than inspiration. His keynotes deliver clarity, credibility and practical leadership tools that leaders can apply immediately - without hype, burnout culture, or short-term thinking.

Chris combines:

- **Real-world leadership experience** across multiple organisations and industries.
- **Clear, memorable frameworks** leaders actually use.
- **Authentic storytelling** that resonates without ego, or hype.
- **A calm, credible stage presence** that holds both executive and mixed audiences.

He is as effective in a large conference keynote as he is in more intimate leadership offsites and executive sessions.

Chris' Style and In-Person Presence is Perfect For:

 Conferences and Leadership Events

 Workshops and Facilitated Sessions

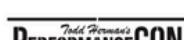
 Corporate and Executive Retreats

 Fireside Chats and Panel Interviews

UK-based with availability for international engagements year-round.

Trusted by Organisations, Conferences and Leaders Worldwide

Chris has spoken on stages across the UK, Europe, North America and Asia, working with leaders and teams in a wide range of industries.



Organiser Praise for Chris

“Chris brought incredible energy, insight and humor to the ProfitCon stage. He connects with an audience like few others, leaving folks not just inspired, but equipped with practical tools they can use immediately. He's everything we were looking for when we selected our Keynoter for the year!”

MIKE MICHALOWICZ
PROFITCON (UK & USA)



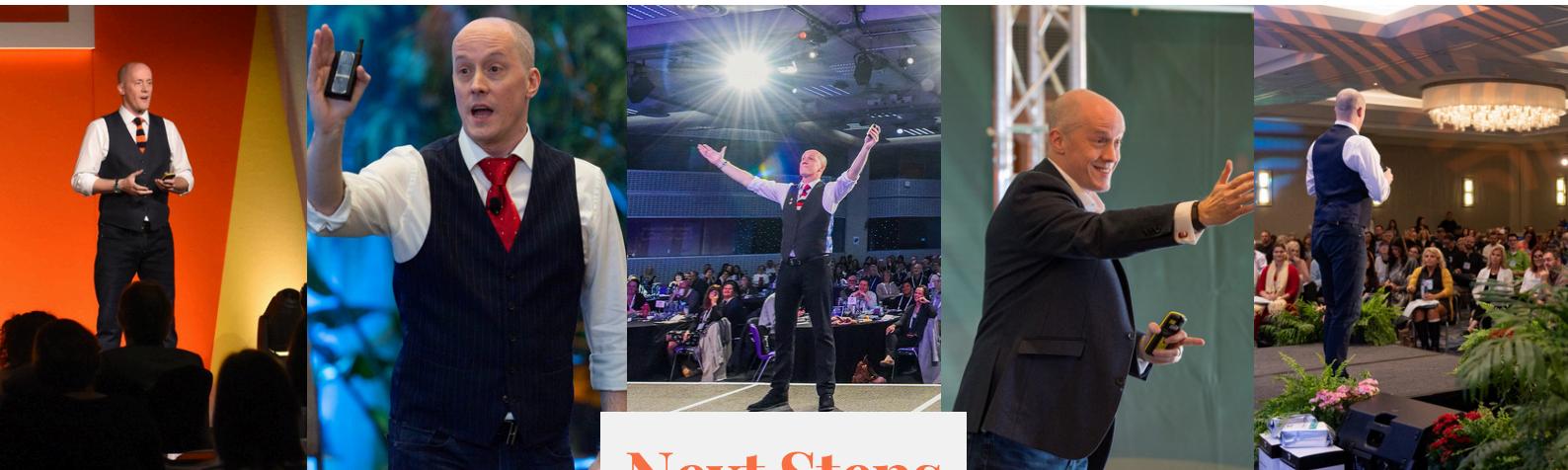
“Chris delivered an engaging and highly practical presentation for our event of healthcare professionals. His strategies really resonated with the audience and people left feeling inspired, focused, and ready to elevate their professional presence.”

ANISHA JOSHI
OSTEO ALLIES (UK)



“Chris Ducker is a powerhouse on stage! Our audience loved him. His insights come from over 20 years of in-the-trenches business experience, and it shows. But it's his delivery that truly sets him apart: dynamic, authentic, and full of humour and value. If you're thinking about hiring Chris, don't think - just do it!”

DALE BEAUMONT
BUSINESS BLUEPRINT (AUSTRALIA)



If you're looking for a speaker who delivers clarity, credibility, and long-term leadership impact in an inspiring and memorable way, Chris would love to be part of your event!

✉ Enquiries & Availability: chris@chrisducker.com
► Watch Chris in Action: chrisducker.com/speaking