



Liz Johnson

Paralympic Gold Medallist, European Champion, 3 x World Champion & Entrepreneur

Birth date: 03/12/1985

Born: Newport, UK

Lives: Newport, UK

Records / Achievements

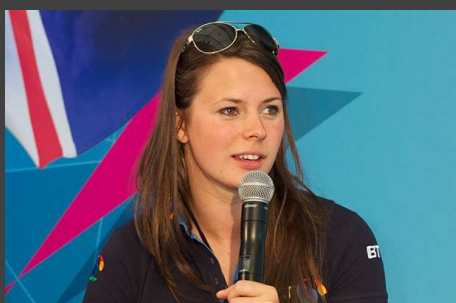
- Paralympic Gold, Silver & Bronze Medallist
- IPC World Championships: Gold Medals in 100m Breaststroke and 50m Relay
- Celebrity Master Chef participant
- Broadcaster for Channel 4, IPC and BBC coverage of parasports
- Athlete Mentor for Dame Kelly Holmes Trust and Youth Sport Trust
- Co-Founder and Managing Director of The Ability People
- IPC European Championships – 2011 Gold Medallist & 2009 Silver Medallist
- Bestowed the Honour of reading the athlete’s oath at the London 2012 Olympics Opening Ceremony

The Gold Medallist revolutionising the way people look at Disability in the Work Place

One of the biggest and brightest personalities to emerge from the growth of Paralympic sport in the last decade, Liz has a remarkable story. Her resilience, determination and talent won her an Olympic Gold medal in Beijing in 2008, despite personal tragedy. By 2016, Liz had swapped the pool for the broadcasting studio and was heralded as one of the stars of Channel 4’s award-winning coverage. In 2018, she was listed as one of the BBC’s 100 most influential women, and also presented the Invictus Games that very same year.

Outside of the sporting world, Liz holds degrees in Accounting and Business Management. She has co-founded and is MD of The Ability People, the UK’s first and only disability-led recruitment business with a focus on placing talented able-bodied and disabled jobseekers into the right jobs.

When speaking, Liz’s warm personality and charisma shine through. She demystifies disability, drawing from her own experiences both within sport and within business. Her delivery is exceptionally unique, whether she’s addressing an audience large or small, as she owns the stage and captivates the crowd with her story.



Contact

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