

Gregory Burns

Keynote Speaker · Paralympic Gold Medalist · International Artist

SPEAKER RESUME

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BIOGRAPHY

Gregory Burns delivers powerful multi-media motivational keynotes and intimate fireside chats, in person or virtually, which inspire individuals to go beyond their limitations and turn them into advantages. Since 1992, through sharing his life experiences, Gregory motivates audiences to rethink the way they conduct business and live their lives so that they can achieve goals and maximise potential.

A multi-Gold Medalist, Gregory set five swimming world records while competing in the Barcelona, Atlanta and Sydney Paralympic Games. He has completed numerous IronMan competitions and built a profitable professional business as an international artist. Holding a BA in Communications Studies and a Master of Fine Art, educated in Europe, America and Asia, Gregory has competed and exhibited around the globe for over 30 years and published three books.

Gregory is a member of the IOC's Olympic Education Commission. His life has been featured on CNN, CNBC, BBC, ESPN, CCTV and CNA, and in the Asian Wall Street Journal, Time Magazine and China Daily.

CREDENTIALS & AWARDS

- 5 World Records in Swimming · 5 Paralympic Medals from 3 Games (Barcelona, Atlanta, Sydney)
 - 3 IronMan Races · 2 TedX Talks
 - 2016 Sports Artist of the Year Award
 - 2010 Fervent Love of Life Award
 - Commissioned by the International Olympic Cultural Foundation for the 2020 Tokyo Olympic & Paralympic Games
 - Member, IOC's Olympic Education Commission
 - Published 3 books
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KEY TOPICS

Beyond Limitations

Whether external or internal, limitations are part of every personal and professional journey. Gregory challenges audiences to identify and break through self-imposed barriers — empowering them to harness their strengths, adapt with confidence, and pursue bold goals in the face of uncertainty and change.

The Hero's Journey

Referencing Joseph Campbell's seminal writings, this presentation identifies four stages of life that all humans transition through as they reach their highest potential. Knowing where we are on our own Hero's Journey helps us know where to go next and feel confident with the pattern and purpose that drives our lives.

Fueling Passions, Recharging Life

Learn the secrets of Gregory's success as a Paralympic Gold Medalist and internationally acclaimed contemporary painter. See first-hand how sport and art are effective grounding tools that helped him build inner strength and actualise his best self — challenging us to identify our core rituals which generate energy in our lives.

TESTIMONIALS

"I have seen a lot of motivational speakers in my years, and I am quite certain that Gregory's talk will stand the test of time with my organisation as having left a real solid imprint."

— C.V. Bergh, President, Procter & Gamble — ASEAN / Australasia / India

"Gregory has done an outstanding job with our team sharing important life and leadership skills to deal with challenges, overcome limitations and be successful. Highly motivating for all our staff."

— Jon Allaway, CTO — Temasek Holdings

"We would like to express our deepest gratitude for your graduation keynotes. All of our attendees were deeply moved by the emotion and strength which shone through during your speech."

— Michel Rochat, CEO — Ecole Hôtelière de Lausanne

"I feel that you gave much more than a speech — I had a real sense of you connecting with the purpose of the summit and going significantly more than the extra mile!"

— Jeremy Lindley, Marketing Director — Diageo

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EDUCATIONAL & CHARITABLE ORGANISATIONS (SELECTED)

TedX Singapore Management University · TedX Johnson & Johnson · Ecole Hôtelière de Lausanne · Royal Melbourne Institute of Technology · Singapore Olympic Academy · Singapore National Swim Team · Tan Tock Seng Hospital · Singapore American School · Taipei American School · National Taipei University of Education · University of Kitakyushu · Tsinghua Academy of Arts and Design Beijing · Renmin University School of Arts · Capital Normal University Beijing · Kellett School Hong Kong · Hong Kong International School · US Embassy Berlin · US Consulate Ulan Bator · US Consulate Chengdu · US Consulate Shanghai · Rotary Club International · Lions Club California · March of Dimes