

LEE SPENCER

THE ROWING MARINE



Lee Spencer BEM

Lee Spencer BEM is a former Royal Marine, four-time Guinness World Record holder, bestselling author and one of the UK's most sought-after keynote speakers on resilience, leadership and high performance under pressure.

Described by Dr Pippa Grange, former Head of People and Team Development at the Football Association, as someone who has *"genuinely lived a life of courage and humour most of us couldn't dream of,"* Lee's story is one of extraordinary determination.

Growing up in a home overshadowed by alcoholism and domestic violence, and twice being told he *"wasn't what they were looking for,"* he refused to let setbacks define him. Instead, he earned his place in the Royal Marines, successfully completing the gruelling Commando training before leading Marines on operations and serving undercover in Afghanistan as a volunteer for Special Duties.

In 2014, while helping at the scene of a motorway accident, Lee suffered life-changing injuries that resulted in the loss of his right leg below the knee. Drawing on his military training, he saved his own life and was later awarded the High Chief Constable's Award for his selfless actions.

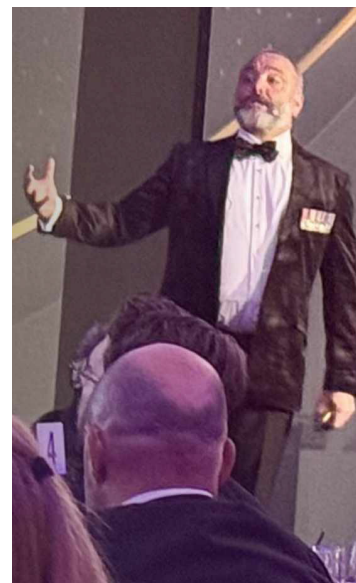
Refusing to accept limitations, Lee went on to break the able-bodied world record for rowing solo and unsupported across the Atlantic Ocean, becoming a four-time Guinness World Record holder. Awarded the British Empire Medal (BEM) for services to charity after helping raise more than £300 million, Lee added author to his achievements with the publication of his memoir, *The Rowing Marine*, in 2025.

Despite these remarkable accomplishments, Lee describes himself as *"absolutely bang average"* - and insists the science backs him up.

A naturally engaging and authentic speaker, Lee doesn't deliver motivation for motivation's sake. Through powerful storytelling, humour and lived experience, he gives audiences practical ways to respond to pressure, setbacks and uncertainty. His keynotes explore resilient leadership, accountability, team performance under strain, inclusion and the mindset needed to turn adversity into action. Every presentation is tailored to the audience, leaving people with practical behaviours they can apply immediately in their professional and personal lives.

Lee has inspired audiences across the globe, from international conferences and leadership summits to after-dinner events, schools and elite sporting organisations, including England's senior men's football team ahead of the 2018 FIFA World Cup. His ability to connect with audiences of every size and background has earned praise from business leaders, athletes and military professionals alike. As Prince Harry, The Duke of Sussex, said:

"Lee is the definition of resilience and inspiration."



Testimonials

"You've inspired thousands if not millions of people. Anyone who comes up against struggles on a day-to-day basis." **HRH The Duke of Sussex Prince Harry**

"There were some brilliant and inspirational stories shared and when those guys walk in it has a big impact on the group." **Gareth Southgate -Former England Football manager**

"Lee 'Frank' Spencer is a wonderful speaker, storyteller, and has genuinely lived a life of courage and humour most of us couldn't dream of. If you're looking for a speaker, check him out."

Dr Pippa Grange - Sports Psychologist and former head of People and Team Development at the Football Association.

"Lee (Frank) Spencer is one of the most inspirational people I have ever encountered. I offer Lee my highest possible unreserved recommendation and fully endorse him as a powerful and authentic speaker who will touch both the hearts and minds of any audience."

Scotty Mills - Published Author, Global Keynote Speaker, Executive Coach, Leadership and Culture Specialist

"Honest and inspiring, if ever there is time to hear him talk, take it".

Karen Clarkin, EA to CEO Serica Energy & Co-Chair of OEUK Industry Armed Forces Forum.

"If you're looking for an inspirational speaker at an event, you won't get much better than Lee... We've had some good speakers over the years, but Lee stands out a mile."

Paul Bullivant - Commercial Director - Howarth Timber & Building Supplies.

"A true inspiration. His captivating storytelling has the incredible capacity to empower the audience to reach for their dreams and overcome any obstacles."

Alexandra Neilan Bsc - Nd - Co-founder, Health is Wealth Group

"I was really inspired by your visit to the DMRC event on Tuesday. You are a massive influence on me from now. An absolute pleasure to be in the presence of a living legend".

Mathew Wood CeMap CertPFS DipFA - deVere Mortgages

"Lee Spencer is, undoubtedly, one of the most outstanding motivational speakers I have ever encountered. Lee is the ideal choice for delivering an impactful and uplifting experience, no matter who your audience is. Once you hear him, you will never forget!"

Rachel Berman, Tektronix - HR Director EMEA and India

"Excellent; Had some guests in tears with his down to earth matter of fact recounting of his accident and subsequent struggles. Audiences warmed to him immediately. Audiences loved him." **Cunard Cruises**

"Absolutely superb! [It] isn't just about your incredible story, it's the way it is delivered with candour, humility and humour. The best possible way to start a new year."

Stuart Matthews Director of Education Corvus Learning Trust

An inspirational man, showing what can be achieved regardless of the situation. I have no reservation in recommending Lee as a speaker and would encourage everyone to hear his story and be inspired and moved by him."

Dominic Conway - Digital Product Manager, J.P. Morgan

"Lee is an engaging speaker and his story captivated the whole audience. At the end of the day everyone was talking about how amazing he is and how much they enjoyed hearing from him." **Lisa Gunner - Thompsons Solicitors**

