



# Ant Middleton

Soldier, Adventurer, Leader and TV Presenter

*"A well-respected authority when it comes to survival and endurance techniques"*

Ant Middleton, better known as the Chief Instructor on Channel 4's beloved series 'SAS: Who Dares Wins,' is a former SAS Soldier, an adventurer, a captivating TV front man, motivational speaker and bestselling author.

## TOPICS:

- Leadership
- Teamwork
- Overcoming Adversity
- Change
- Mind Over Muscle

## LANGUAGES:

He presents in English.

## PUBLICATIONS:

- 2023** The Wall: The Guide to Help You Smash Self-Doubt and Become the True You
- 2023** Red Mist
- 2023** Mission: Total Confidence
- 2022** Mental Fitness: 15 Rules to Strengthen Your Body and Mind
- 2018** First Man In: Leading from the Front

## IN DETAIL:

Ant set his sights on a career in the armed forces and didn't stop striving until he achieved his goal. He joined the Special Boat Service (SBS) in 2008 and spent 4 years there. The SBS is the UK's naval Special Forces unit and the sister unit of the SAS. With extensive survival and endurance skills and an appetite for adventure and extremes, Ant has taken on some amazing challenges including climbing Mount Kilimanjaro, Mount Elbrus, The Matterhorn and Everest. Prior to his role on C4's SAS: Who Dares Wins, Ant was a security expert providing personal security to VIPs, government officials and high profile celebrities. He has trained presidential security teams and operated as a security expert in South Africa and across various other countries for governments in West Africa.

## WHAT HE OFFERS YOU:

Ant has transferred this experience into one suitable for the corporate world, offering businesses SAS style corporate events. Combining his background in the UK's elite forces with his teamwork and leadership skills, Ant can share his inspirational story, offering unique lessons to audiences worldwide.

## HOW HE PRESENTS:

At ease both on and off camera, as a speaker Ant is able to share his inspirational experiences with audiences.