



Jake Humphrey is a television presenter, podcaster, author and businessman who is one of the most respected broadcasters in the industry. He is perhaps best known for his extensive TV presenting career. He was the anchor for Premier League & Champion League football for BT Sport's as well as BBC's Formula One coverage.

#### TOPICS:

- High Performance Lessons
- Mindset
- Host & Awards
- After Dinner

#### LANGUAGES:

He presents in English.

#### PUBLICATIONS:

- 2023** How To Change Your Life
- 2023** High Performance: Lessons from the Best on Becoming Your Best
- 2023** Co-Host Podcast: High Performance
- 2022** High Performance: The Daily Journal
- 2012** The Inside Track

#### IN DETAIL:

Off screen, Jake is co-founder of award-winning production company Whisper Films and is also an ambassador for CLIC Sargent. In 2020, he, alongside Professor Damian Hughes launched the High-Performance podcast, giving listeners an intimate glimpse into the lives of high-achieving, world-class performers who have all excelled in their field with first-hand experiences and lessons to share. The success of the pod has evolved into book releases, tours, away days and coaching days for businesses which has grown into a movement with people invested in improving their mindset and finding their own version of High Performance. He is Chairman of the Norwich City Community Sports Foundation and holds the honorary title of Vice President of Young Lives Vs Cancer.

#### WHAT HE OFFERS YOU:

A consummate professional, very comfortable in front of an audience, Jake's vast career in sport and presenting ensures he is a brilliant keynote speaker and host.

#### HOW HE PRESENTS:

Well used to the pressures of live events, Jake has a relaxed manner and expertly presents and holds everything together, engaging well with audiences.