



# Jason Fox

Special Forces Expert

*"Battle Scars - A vivid, searing account of a life at war" Bear Grylls*

Jason Fox is a former Royal Marine Commando and Special Forces Sergeant. After leaving the Special Forces, he moved in to the TV and Film industry. Jason used his wealth of experience to support production crews who were working in environmentally hostile areas, such as the jungle, the Arctic or the desert.

## TOPICS:

- Planning and Executing Strategies
- Leading and Motivating Teams in Pressurised Environments
- Emotional Resilience in the Face of Adversity
- Living with PTSD (Post Traumatic Stress Disorder)
- Going The Extra Distance

## LANGUAGES:

He presents in English.

## PUBLICATIONS:

- 2024** Embrace the Chaos: 52 Tactics to Make Every Day Count
- 2020** Life Under Fire: How to Build Inner Strength and Thrive Under Pressure
- 2018** Battle Scars: A Story of War and All That Follows

## IN DETAIL:

Jason has planned and led operations including hostage rescue, counter terrorism, counter insurgency, maritime counter terrorism, surveillance, body guarding and counter narcotic missions. Jason also trained as a combat swimmer, demolitions expert, Special Forces dog handler and jungle survival expert. Jason was part of the team of divers who found the lost treasure of Captain Kidd - one of the most prolific pirates of the 17th century - just off the coast of Madagascar. He now stars in front of the camera for Channel 4's hit series *SAS: Who Dares Wins* and the ground-breaking series *Meet The Drug Lords: Inside The Real Narcos*. Jason is co-founder of Rock 2 Recovery, which helps preserve lives of distressed servicemen, veterans and their families.

## WHAT HE OFFERS YOU:

It is his natural ability to inspire and communicate effectively that people love. Jason leaves his audience with a clear understanding that to be successful the difference between winning and losing is in having the commitment and desire to go the extra distance to achieve your goals.

## HOW HE PRESENTS:

Jason is highly in demand in the corporate world through which he provides keynote speeches and live experiences. He regularly leads and motivates teams in pressurised environments, designing packages for the ultimate team building exercise including being put thorough challenging and gruelling Special Forces Drills.