

JIM LAWLESS

Leading Authority on AQ



Jim Lawless is a leading authority on AQ: learning new AdaptAbility skills to deliver bold, fast change.

He also works with senior leaders to build cultures in which others can grow their AQ to deliver the plan - and for life!

Jim has contributed to bold, fast change in global organisations, government, Olympic teams and business schools for two decades. He has inspired and educated over half a million people on five continents through his mindset-shifting keynotes and more through his bestselling book, *Taming Tigers*.

Jim has tested and developed the AQ skills personally. He adapted to become a televised jockey within a year of starting to ride and to become Britain's deepest Freediver in just 8 months of training. Both done alongside his day job - a key element of AdaptAbility.

Currently studying Neuroscience at King's College London, Jim holds a Bachelor of Laws degree and practiced as a commercial solicitor in the City of London before moving into industry.

He was elected a fellow of the Royal Society for the Arts in recognition of his business writing and is the author of the bestselling book *'Taming Tigers'* (Random House).