

At 21, Danny was pulled from the wreckage of a car, losing his right arm. What followed wasn't a return to the life he had before, but the rebuilding of a new one, one that led to Paralympic gold.

Danny is now a performance specialist who understands what it takes to deliver under pressure when it matters most.

After losing gold by a fraction of a second in Sydney, he went on to win gold in Athens, where his entire career came down to just 1 minute 57 seconds of execution.

Today, he works with organisations and teams to help them focus on the performance required to achieve results.

Please welcome Danny Crates.