

Testimonials Ben Aldridge

"Ben was incredible and we have heard so much positive feedback about his session – It was so nice to meet him, hear his inspiring experiences and then listen to colleagues relaying elements of his session and committing to give themselves challenges" — **Heathrow Airport**

"Ben gave an outstanding talk - we've had lovely feedback from the team and his message seems to have deeply resonated with people." — **Capital One**

"Professional and easy to work with" — **Microsoft**

"We loved the speech! And it was really well received. The venue also asked for Ben's details and thought he was one of the best speakers they've seen!" — **Tangle Teezer**

"Ben spoke at our team kickoff and completely delivered. He brought real context to the realities we're facing, paired with genuinely practical advice and inspired the whole team in the process. His message about getting comfortable with being uncomfortable landed exactly right; it wasn't just motivational, it was actionable. Our team walked away energised and equipped, not just entertained. Highly recommend Ben for any team looking for a speaker who combines substance with real impact." — **Salesforce**

"The session itself was both engaging and informative and I think the feedback about people doing things differently as a result of Ben's talk is really where the impact lies. On a personal level, the stoic approach has really pushed me to make different decisions and had a positive impact on my life." — **Jazz Pharmaceuticals**

"Great presentation, really engaging. I see Ben leading this street philosophy movement to exciting places!" — **NHS**

"I would highly recommend Ben for any organisation looking for an engaging and motivational speaker. He's personable, relatable, and delivered a brilliant session over Teams for our teammates. The content really struck the right balance - offering meaningful insights alongside clear, practical takeaways to help build resilience, without the usual 'self-help' feel. A genuinely impactful session that really resonated. Thank you Ben!" — **ITVET**

"We had so many lovely comments and fantastic feedback come through, people loved Ben's presentation!" — **Dexcom**

"Ben's session sparked valuable conversation and reflection, encouraging many of us to think differently about how we step outside our comfort zones. This led to thoughtful team discussions and personal takeaways. A great event for our company." — **Every Mind at Work**

"Thank you again for a great session at HFMA London Branch conference on 16 Oct. Practical and useful tips to build up resilience. Just what we needed." — **HFMA, Healthcare Financial Management Association**

"Ben spoke at our Psychology Fall Conference as our Keynote Speaker to talk about his life story and work. He presented to a mix of psychotherapists, psychologists, counsellors, social workers and psychiatric professionals and we received outstanding feedback. Many of our clinicians went on to order his Challenge Cards for their clients and have reported how much the clients LOVE THEM."
— **Monroe University**

"Ben Aldridge came to speak at our School Speech Day and did an outstanding job in inspiring our students. He spoke powerfully about his own story and encouraged our students to build their own resilience. He does this in an entertaining manner and kept the whole audience engaged throughout. Many of our students went on to buy his books! His message that you can build your own resilience using Stoic principles is a strong one but his engaging delivery makes it all the more so."

— **Kevin Fear, Headmaster, Nottingham High School**

"Ben delivered a wonderful and entertaining talk to our students and parents. It was a delight to work with him." — **Huddersfield Grammar**

"A fascinating and engaging insight into Ben's world and how we can all, practically, help ourselves to be more resilient." — **Cadent Gas**