

Lamin Deen

Team Coach



“My Olympic ring represents high-performance because I call upon it during times when extra inspiration is needed.”

“My love of working with people stems from a long career in the British Army. I joined the military at the age of 16 and have enjoyed a fantastic career both as a soldier and commander, working in hostile environments and even the Royal households. Working with and being responsible for people when they are at their perceived limits is an experience in itself.

During my time in the military, I was also lucky enough to be selected and compete for my country at Olympic level in the sport of bobsleigh as a bobsleigh driver.

As a team captain, I really experienced the power of performance and mindset of athletes, having mentored many junior athletes over the years, and helping them produce their best on the day.

In June 2022, I undertook an unsupported ocean rowing expedition around the British Isles, pushing my limits and realizing the crucial role of mindset in achieving physical goals. In my spare time, I lead a West African project that supports local farmers, teaching sustainable farming and environmental practices.”

Client View

“Lamin is always professional, thoughtful and gives 100% all the time. It is always a pleasure to work with him and he is never short of creative out of the box solutions.”

Colleague View

“Working with Lamin is an absolute pleasure. His life experiences and achievements give him a wide and varied perspective on finding the right solutions for whatever challenges we face.”

Qualifications

- Operational tours worldwide, working closely with communities
- Working in large diverse groups and leading teams in high-risk environments
- Won multiple World Cup medals, including a historic first ever British 4-man gold-medal

[Watch Lamin’s introduction video here](#)