

# **TEDx** Chichester

## **PRESS RELEASE**

### **FOR IMMEDIATE RELEASE**

**Monday 2<sup>nd</sup> March 2026**

## **TEDx comes to Chichester this November and opens call for speakers**

TEDxChichester will take place this November, bringing a one-day celebration of creativity, courage and original thinking to the city. Organisers have now opened a call for local speakers to audition for a place on the TEDx stage.

TEDxChichester will centre on the theme, “Courage and Curiosity to Create”, exploring what happens when bravery and imagination come together. Creation is rarely straightforward. It requires risk, experimentation and the willingness to begin again. The theme invites speakers to share ideas that challenge assumptions, reveal new perspectives, or offer bold ways of seeing the world.

Talks may explore reinvention, leadership, community, science, storytelling, or the quiet acts of courage that shape everyday life. Speakers can come from any background, but each talk must focus on one clear idea worth spreading.

Laura Pauley, Curator of TEDxChichester, says: “Chichester has always been shaped by people who are brave enough to imagine something new. We’re looking for speakers who are ready to share the ideas that changed how they see the world. Whether you’re a first-time speaker or an experienced communicator, we want ideas that challenge thinking, spark curiosity, and connect with audiences in an engaging and memorable way.”

Speakers will receive professional training from performance and confidence coaches Vanessa Cuddeford and Duncan Hardy. Vanessa has over 20 years’ broadcast experience working as a producer, reporter and news anchor with BBC, ITV and NBC News. She has coached former TEDx speakers, keynote presenters, and speakers preparing to address the United Nations. Duncan spent two decades as a Royal Marines Officer, leading in high-pressure environments, running the Royal Navy Press Office, and teaching strategic leadership at the UK Defence Academy. He has advised the United Nations, NATO, Ministry of Defence, and Foreign and Commonwealth Office, and now delivers leadership training programmes across the UK and internationally.

This year's TEDxChichester is led by a new team, bringing fresh ideas and energy to the city's TEDx programme.

Speakers will be selected through a two-stage process, starting with an online video submission followed by an in-person audition for shortlisted applicants.

The theme is deeply rooted in Chichester's own story, from its Roman city builders to the bold design of Chichester Festival Theatre's stage and the iconic Cathedral spire, all shaped by those who dared to imagine something new.

**Applications are now open. Closing date is 12pm on Monday 30<sup>th</sup> March 2026.**

To apply, please visit: [www.tedxchichester.co.uk/speakers](http://www.tedxchichester.co.uk/speakers) the direct application form can be found [HERE](#)

## NOTES TO EDITORS

### About TEDx,

#### **x = independently organised event**

In the spirit of discovering and spreading ideas, TEDx is a program of local, self-organised events that bring people together to share a TED-like experience. At a TEDx event, TED Talks video and live speakers combine to spark deep discussion and connection. These local, self-organised events are branded TEDx, where x = independently organised TED event. The TED Conference provides general guidance for the TEDx program, but individual TEDx events are self-organised, Subject to TED rules and regulations.

### About TED

TED is a nonprofit organisation dedicated to discovering, debating and spreading ideas that spark conversation, deepen understanding and drive meaningful change. TED is devoted to curiosity, reason, wonder and the pursuit of knowledge, without an agenda. TED welcomes people from every discipline and culture who seek a deeper understanding of the world and a connection with others.

TED began in 1984 as a conference where Technology, Entertainment and Design converged, but today it spans a multitude of worldwide communities and initiatives exploring everything from science and business to education, arts and global issues. In addition to the TED Talks curated from the annual conferences and published on TED.com, TED produces [original podcasts](#), [short video series](#), [animated educational lessons \(TED-Ed\)](#) and TV programs that are translated into more than 100 languages and distributed via partnerships around the world. Each year, thousands of independently run [TEDx events](#). Through the [Audacious Project](#), TED has helped catalyse \$6.6 billion in funding for projects that support bold solutions to the world's most urgent challenges, working to make the world more

beautiful, sustainable and just. In 2020, TED launched [Countdown](#), an initiative to accelerate solutions to the climate crisis and mobilise a movement for a net-zero future, and in 2023, TED launched [TED Democracy](#) to spark a new kind of conversation focused on realistic pathways towards a more vibrant and equitable future. View a full list of [TED's many programs and initiatives](#).

Follow TED on [Facebook](#), [Instagram](#), [LinkedIn](#), [TikTok](#) and [X](#).

## About Vanessa

### Vanessa Cuddeford: TEDx Speaker Coach

Vanessa runs her own consultancy, Present, Perform, Persuade, helping professional, high-achieving people overcome public speaking fears and become confident presenters in 8–12 weeks. Her method combines mindset, messaging, and delivery, guiding clients step by step to lasting confidence.

With over 20 years' experience as a news anchor, reporter, and producer with BBC, ITV, and NBC News, Vanessa draws on her high-pressure, on-air experience alongside her expertise as a strategic communications adviser and performance coach. She helps clients speak with clarity, authenticity, and authority.

Vanessa has coached TEDx speakers, keynote presenters, and clients preparing for the United Nations, supporting over 1,200 people to advance their careers and personal influence. She also advises corporate clients on presentations, strategic messaging, and media appearances. Previously a Director at Havas Just, she led UK corporate communications strategy for Bristol Myers Squibb, combining corporate insight with broadcast expertise.

You can follow Vanessa on social media here:

- [https://www.instagram.com/vanessa\\_cuddeford/](https://www.instagram.com/vanessa_cuddeford/)
- <https://www.facebook.com/vanessacuddefordspeak>
- <https://www.linkedin.com/in/vanessa-cuddeford-35739072/>

## About Duncan

Duncan helps individuals and teams communicate with impact, manage pressure, and perform confidently in high-stakes situations.

He spent two decades as a Royal Marines Officer, leading in some of the world's toughest environments. During this time, he ran the Royal Navy Press Office, taught strategic leadership at the UK Defence Academy, and advised the UN, NATO, MOD, and Foreign Office, gaining unmatched experience in delivering critical messages clearly and calmly under pressure.

After the forces, Duncan spent ten years as a school leader, designing and delivering leadership programmes that strengthened confidence, resilience, and public presence. He now runs corporate and residential leadership programmes in the UK and internationally, helping speakers and teams find their voice, stay composed, and

communicate with authority, exactly the skills that make stage presentations memorable.

You can follow Duncan on social media [HERE](#)