

## Hi, I'm John-Paul Flintoff.

Writer, mostly, and a performer and illustrator. Based in London.



I'm the author of six books, in 16 languages, including *How To Change The World* and *A Modest Book About How To Make An Adequate Speech*.

I worked for 15 years as writer and associate editor on the *Financial Times*, the *Sunday Times* and other papers and magazines.

My art is used in journalism, books and private commissions.

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## Less brief

### Writing

Books (most recent first):

- A Modest Book About How To Make An Adequate Speech (Short Books)
- What If The Queen Should Die? (historical novel, Unbound)
- The Family Project (creative guide, Faber & Faber)
- How To Change The World (non-fiction, Macmillan / The School of Life)
- Sew Your Own (memoir, Profile)
- Comp: A Survivor's Tale (memoir, Gollancz)

Journalism included many kinds of stories. Particularly enjoyed immersive storytelling, about working as bin man, executive PA, scuba diver, poet, taxi driver, tailor, gardener, ice-cream salesman, hairdresser, assistant undertaker, bit-part player in pantomime, waiter, illustrator, high-wire window cleaner, photographer, very amateur boxer, karaoke singer, rat catcher, and more.

**“Very good, very funny.  
In fact... it made me laugh.”  
– Harold Pinter, Nobel-winner**

### Speaking

Latest book is about public speaking. Wrote it because I've delivered a lot of speeches and workshops – on four continents, to as many as 5,000 people at once.

In psychiatric hospital, after having a breakdown, I persuaded my psychiatrist to let me out just so that I could travel hundreds of miles to deliver a keynote speech at a corporate AGM. That's why my agent told me to write a book about public speaking.

Going back a bit... In 2012 I started training with Keith Johnstone, pioneer of theatrical improvisation. I sometimes teach others what Keith taught me.

**“It's not often we have  
a paragon on the show... very funny”  
– Jane Garvey, BBC Radio 4**

### Making art

Art helps me to make sense of what is difficult, and to find beauty in the everyday. My art is often figurative, often involves drawing and painting. I also make physical objects, and I have a lifelong fascination with folding paper and making books.

In the pandemic, with events cancelled, I started to get serious about my art. As well as selling prints, and doing a commissions, I created two series of portraits to capture a sense of human community, and started to illustrate books.

You can buy my art on T-shirts; there's even been a range of tableware.

**“John-Paul Flintoff is the most  
practical dreamer I know”  
– Philippa Perry, BBC Television**