



SOHAL Sukhraj

The Ten Monkeys

Director

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Tenmonkeys is a sport and media consultancy. We provide a range of services for our clients from sport content on TV and radio to communication workshops aimed at marginalised young people. We run programmes in the UK, Norway, Tanzania, India and Namibia. We are specialists in delivering sport participation campaigns for governing bodies and provide bespoke training programmes and content for a range of broadcasters and events around the world including the BBC, The Commonwealth Broadcast Association, the BBC World Service Trust, the Laureus Foundation, the Swiss Embassy in London and various sport for development agencies.

With 20 years experience in sport broadcasting, training and diversity issues and after more than a decade at the BBC, Caj has now established his own consultancy business. He was the first British Asian football reporter on the BBC and has worked in a number of roles including Head of Football and Head of Sport for the BBC. Caj now trains football commentators and journalists in the UK and beyond including the BBC's first female football commentator. He also designs and delivers social inclusion programmes for clients to combat discrimination and connect disadvantaged youth to mainstream media and sporting bodies. He has spoken at a number of conferences around the world.



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MARS - Media Against Racism in Sport

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