The experienced leader is celebrating a decade at the helm of IoD Wales. He reveals his inspirations.

**The most inspirational speech**

I’ve ever heard was by Sam Warburton, the former Welsh rugby captain who also led two British and Irish Lions tours. He gave a talk on leadership for IoD Wales. It was mesmerising to hear about the sheer graft he put in to become our youngest ever Rugby World Cup skipper.

**The business leaders I’ve most admired are** Jean Church and Gareth Williams. Jean is our chair at IoD Wales and a great role model. Gareth preceded her and passed away recently. He was an inspiration to me – a fine and lovely man who made a difference in so many fields.

**I’m most proud of** the fact that I have met so many businesses here doing amazing things in such a wide variety of sectors – and that IoD Wales has been able to represent them. We ensure that their aspirations and concerns are aired and responded to at the highest levels in Cardiff and Westminster.

**The Welsh tech scene excites me.**

We have so many companies to admire, from micro-businesses to large enterprises. The Massachusetts Institute of Technology recently recognised the country for being a fintech and insurtech hub, led by brands such as GoCompare and Confused.com.

**My favourite quote:**

‘You are judged by the company you keep’

**To get away it from it all,** I’ll visit the Pembrokeshire coast. The Gower peninsula, which is on our doorstep, is always stunning too. They offer amazing scenery and fantastic walks – bendigedig (lovely), as we say in Wales.

**My advice to any aspiring entrepreneur is:** never be afraid of asking a “stupid” question. You can bet that those are the ones everyone else would ask if they had the guts to do so.

**It can be difficult for me to switch off,** mainly because my phone is always on. But I love gardening, so I’ll spend as much time as I can there with my wife, Melanie.

**Robert Lloyd Griffiths** is also chair of the Duke of Edinburgh’s Award business advisory group. In 2014 he was appointed an OBE for his services to the Welsh economy and voluntary services, including as an autism employment champion. To read his blog about the IoD’s work in Wales, visit [director.co.uk](http://director.co.uk).