

An aerial photograph of a vast, icy landscape. Two kayakers in colorful gear are positioned in a narrow channel between large, white icebergs. The water is a deep, dark blue, contrasting with the bright white of the ice. The scene conveys a sense of adventure and resilience.

MARK AGNEW

MOTIVATIONAL KEYNOTE SPEAKER

ADVENTURE, RESILIENCE & TEAMWORK

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THRIVE IN ADVERSITY

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MARK AGNEW – EUROPEAN ADVENTURER OF THE
YEAR

TESTIMONIALS

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MARK AGNEW

RESILIENCE & TEAMWORK

EUROPE'S MOST EXCITING UP & COMING SPEAKER

What's Your Polar Bear?

- How can you foster a **relentless pursuit of excellence without sacrificing staff well being** in the modern work place - find your inner polar bear
- 'Sit with discomfort' so your people can **thrive in adversity**

A Team As Solid As Ice

- In adventure, you depend on each other or you die - learn how to create the ultimate resilient team culture
- Understanding what motivates different individuals within a team will make a more resilient group
- Resilient groups = lower staff turnover

Rave Reviews

"The way he engaged the team in his story and made us think about the way our team works going forward was really inspiring,"
Callum Rankine, Senior Data Analyst, ★ **Heineken**

"Cannot recommend highly enough. He was engaging, funny. Took the audience on a journey with his talk," Robyn Phillips, Head of Sales, **M&S**

"He kept the audience gripped. His research into the psychology was fascinating, especially when talking about teamwork," Rachel Day, Marketing, **BOSCH**

A Unique experience

Mark Agnew, European Adventurer of the Year, will have your audience on the edge of their seats with stories from the Arctic about polar bears and escaping death. Your audience will gain a deeper understanding of how to become more resilient, work as a cohesive team and overcome setbacks





WHAT'S YOUR POLAR BEAR?

HOW TO THRIVE IN ADVERSITY

When they find their inner polar bear, your people can do more than just survive – they can thrive and rise to every challenge

Key Takeaways

- **Find your polar bear** - an exciting, hilarious, metaphor to find inherent joy in the process which enables you to overcome setbacks and become more resilient
- In the modern work place, learn how to **combine staff well being with a relentless pursuit of goals** and targets
- Learn how to **'sit with discomfort'** so your people can excel even under stressful circumstances
- Reframe setbacks as lessons so even failure can **empower future resilience**
- **Jaw dropping stories** of adventure from the Arctic

Benefits & ROI

- Your resilient people will thrive in difficult times, **giving your company an edge** while competitors struggle with burnout
- Resilient people bounce back from setbacks, **saving you time and money**
- Reframing obstacles as challenges to overcome **empowers your people to solve issues** before they become costly problems
- **Attract the top talent** to a resilient, engaging culture of problem solvers

Rave Reviews

"I've sat through a lot of these kind of talks. This was absolutely **the best I've heard in a very long time.**

Not only was the story so gripping and great, but the lessons, and the ways he weaved them into the story, were really relevant."





A TEAM AS SOLID AS ICE

HIGH PERFORMING TEAMS AT THE EDGE

IN ADVENTURE, YOU DEPEND ON EACH OTHER OR YOU DIE - LEARN HOW TO
CREATE THE ULTIMATE RESILIENT TEAM CULTURE

Key Takeaways

- **A team that's cold under pressure is as solid as ice** and can 'sit with discomfort' to create a more resilient group
- Learning the psychology behind **high performing teams** enables your people to implement best practices
- Understanding what motivates different individuals will lead to **a more cohesive team**
- Your people will understand the difference and **importance of social vs task-based cohesion**
- **Gripping tales** of adventure from the Arctic

Benefits & ROI

- Teams that thrive under pressure have **lower employee turnover**, saving your company money
- Socially cohesive teams spend more time **completing the task** and waste less time on meaningless politics
- Happy, resilient teams are **more productive** than unhappy, yet more qualified, teams
- **Attract the top talent** to a happy cohesive team

Rave Reviews

"An energising talk of his experiences. Mark has a unique and inspiring story, which was really relatable to my team. He has a special way of talking about and reframing setbacks."

Richard Whiteoak, Senior Manager,  Swiss Re





TALES FROM THE ARCTIC

WITH EUROPEAN ADVENTURE OF THE YEAR

A AWE INSPIRING TALE OF 103 DAYS THROUGH THE ARCTIC'S NORTHWEST PASSAGE, ON A JOURNEY THAT MADE HISTORY

Key Takeaways

- Jaw dropping tales of adventure with **polar bears, near death experiences and sea ice**
- The story of one of the **greatest expeditions** of modern times
- A message about **resilience** and how to bounce back from setbacks

Benefits & ROI

- **Entertain your audience** with one of the most incredible adventure stories you'll ever hear
- **Fill the room** and get your guests back in their seats after a break or lunch
- Perfect **ice breaker** for networking events
- Powerful messages about resilience

Rave Reviews

"Outstanding, the best talk of its kind I've ever hear," Saga audiences.

"Outstanding. It was like I was there," Little Ships Club

"Dramatic, amusing, exciting." Royal Scottish Geographical Society





MARK AGNEW

RESILIENCE & TEAMWORK EXPERT

WORLD RENOWNED ADVENTURER

Resilience & Teamwork

To prepare for extreme adventures, Mark Agnew interviewed the world's leading psychologists.

This included resilience experts, sports psychologists, military sociologists and specialists in military unit cohesion.

Mark now has a robust framework so your people can become more resilient and more cohesive at work and at home.

The framework has been tried and tested under extreme wild conditions and in corporate environments too.

World Records

Mark rose to international renowned when he and his teammates kayaked the Northwest Passage.

Mark won European Adventurer of the Year, Endurance Asia's Extraordinary Feat of the Year, and was put in the top 10 Greatest Kayaking Expeditions of the Century.

103 days in extreme conditions require resilience and ultimate teamwork.

Mark's keynotes are peppered with exhilarating stories of polar bears and near death experiences.

Journalist & Author

Mark was founding editor of the Adventure Sports section for the South China Morning Post, the largest section of its kind worldwide.

He interviewed countless endurance athletes about building resilience.

His book *There Will Be Headwinds* features interviews with leading psychologists about how to build resilience too.



TESTIMONIALS



"The way he engaged the team
was really inspiring"



"An inspiring story, which was
relatable to my team"



"Entertained and kept the
audience gripped"



"A thrilling story about the
Northwest Passage"



"I'd highly recommend Mark for
your event"



"I cannot recommend Mark
highly enough"



"Inspiring, engaging,
entertaining & poignant"



"We learnt the value of the
journey over the goal"

TESTIMONIALS

“THE BEST”

“I’ve sat through a lot of these kind of talks. This was absolutely the best I’ve heard in a very long time.

Not only was the story so gripping and great, but the lessons, and the ways you weaved them into the story, were really relevant.”

Devon Leadership Away Day



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“INSPIRING, RELEVANT”

“Mark joined us to tell us about his past and upcoming expeditions. The way he engaged the team in his story and made us think about the way our team works going forward was really inspiring.

Mark seamlessly brought our company behaviours into his presentation to deliver his message in a very relevant manner. A true pleasure to work with.”

Calum Rankine, Senior Data Analyst



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“ENGAGING, FUNNY”

“I cannot recommend Mark highly enough. He was engaging, funny, took the audience on a journey with his talk and linked his story seamlessly to our goal setting framework.

We received wonderful feedback from our colleagues on Mark’s talk and he stayed with us afterwards interacting with colleagues, answering questions and joining in with activities.”

Robyn Phillips, Head of Sales

M&S

TESTIMONIALS

“FUNNY, FASCINATING”

“Mark delivered a very engaging and inspiring talk. He had the ability to entertain and keep the audience gripped.

His misadventures were funny and his determination to keep going were heart-warming. His research into the psychology of human behaviour was fascinating, especially when talking about teamwork.”

Rachel Day, Marketing Great Britain



BOSCH

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