

Mark Agnew

Find Your *Polar Bear*

Does your organisation want **resilient** teams that take ownership of their problems, motivation and stress through uncertainty & change?

Polar Bear



Pursuit - *"When you love the pursuit and the goal will look after itself."* Give your staff purpose in the process, so they are motivated and driven day after day



Ownership - *"Resilient people focus on what they can control, and let go of everything else."* So your people stop wasting time and energy, and start overcoming the obstacle.



Live and thrive in uncertain times - *"Tough things are tough. Accept it."* Staff must own their emotions or emotions own them. Empower them to sit with discomfort and thrive in adversity.



Adapt - *"Bold enough to know that adapting is not the same as quitting."* It can be hard for organisations to change course when they're invested in the path. But change is necessary.



Relationships - *"Friendship is formed when good times are shared. Camaraderie is formed when tough times are shared."* Strive for deep bonds between teammates.



Bold over comfort - *"I'd rather be uncomfortable and fulfilled, than comfortable and full of regret."* Comfort might feel safe, but it steals your company's future. Be bold. Be fulfilled.



Experience - *"Experience avoids mistakes. Mistakes creates experience."* Failure is inevitable. How your staff use it is a choice.



Act - *"Those who believe in themselves and those that don't. They are the same. Only doers are different."* Get your people to act, grab opportunities and stop dithering.



Repeatable and consistent - *"You cannot control the wind, but you can keep paddling."* Measure consistent inputs, not variable outputs, as a pathway to success. There will be headwinds.

More Than A Metaphor



Mark Agnew, European Adventurer of the Year, survived the impossible. A deep guttural growl woke Mark and his teammates. The thin tent separated them from a **Polar Bear**. The air was tight with tension. The next move could save or end his life.

It wasn't about the physical stamina needed for his record setting expedition. It was the resilience, mental strength and calmness under pressure that counted.

"The best, most inspiring talk I've ever heard," Ricco Zuschlag, Country Lead, [Google](#).