

# MC INTRO FOR MARK AGNEW

"Our next speaker is a world renowned adventurer who has made history in the Arctic. Today, he is going to share the secrets to his success, learned the hard way, so we can become happier, healthier and more productive.

Mark Agnew won European Adventurer of the Year when he and his three teammates kayaked the entire Northwest Passage.

Today, he will teach us:  
How to build resilience, so we thrive in adversity  
The importance of intrinsic motivations  
And how to fail

Please welcome, Mark Agnew

