

An aerial photograph of a frozen lake. The ice is broken into various sized chunks, some showing a vibrant turquoise color. Two kayakers in colorful kayaks are visible in the center, navigating a narrow channel of dark water between ice floes. The overall scene conveys a sense of adventure and resilience.

**MARK AGNEW**

**MOTIVATIONAL KEYNOTE SPEAKER**

**ADVENTURE, RESILIENCE & TEAMWORK**

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# INTRODUCTION

## RESILIENCE & TEAMWORK

### KEYNOTE OVERVIEWS



#### Thrive in Adversity

- With an adventurer's mindset, your people can do more than just survive - they can thrive and rise to every challenge
- 'Sit with discomfort' so your people can be stressed and thrive anyway

#### Teams that Endure

- 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





# THRIVE IN ADVERSITY

## WITH LESSONS FROM THE EXTREME

With an adventurer's mindset, your people can do more than just survive - they can thrive and rise to every challenge

### Key Takeaways


- **Resilience can be learned**, trained and improved like any skill or strength
- Learn how to **'sit with discomfort'** so your people can excel even under stressful circumstances
- Understand how to **diversify your motivations**, to include both intrinsic and extrinsic motivations, for the ultimate resilience
- 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

"Mark enables true adventure to be relatable to the day to day working life of corporate employees by his engaging storytelling and transparent approach to articulate his trials and tribulations."

Craig Clarke, Senior Manager, 





# TEAMS THAT ENDURE

## 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

- Your audience will learn how to help teammates '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

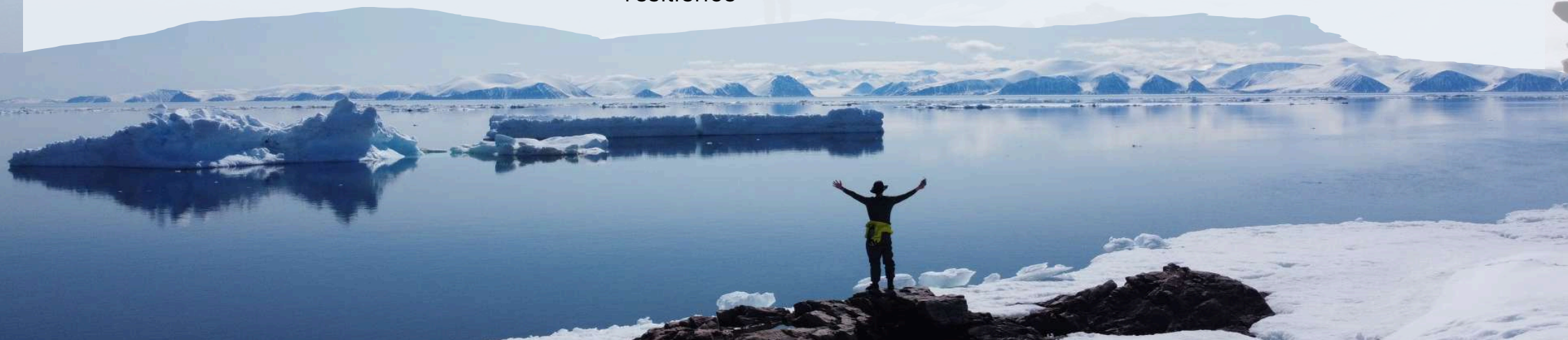
- **Entertain your audience** with one of the most incredible adventure stories you'll ever hear
- **Fill the room** and get your guests back in their seats after a break or lunch
- Perfect **ice breaker** for networking events
- Powerful messages about resilience

## 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

## “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



# TESTIMONIALS

“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**

# TESTIMONIALS

## “INSPIRING, ENGAGING”

“Mark’s talk was inspiring, engaging, entertaining and poignant.

We shared in the highs and lows of his experiences as an adventurer, and along the way learnt that even what might be considered a failure has value for learning and personal growth. I would highly recommend Mark.”

Debra Harper, NHS, GP Training Programme Director



# CONTACT

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