

SARAH FURNESS - HELICOPTER PILOT, KEYNOTE SPEAKER

After graduating from Cambridge University, Sarah followed her dream to become a combat helicopter pilot in the RAF. As a Squadron Leader she led on operational combat tours in Iraq and Afghanistan. During her experiences both at home and at war, she made two important discoveries;

- resilience and performance under pressure is NOT instinctive
- BUT humans have an extraordinary ability to thrive and even excel under pressure when they know how.

She now has ONE mission. To share the secret to outstanding resilience, performance and courage “under fire”.



**SARAH
FURNESS**

WELL  BE IT.

Sample Titles (themes)

- Train Hard Fight Easy (Performance)
- How to thrive “under fire” (Resilience)
- How to lead fearlessly (Leadership/ Teamwork/DiversityInclusion)
- How to outgrow the competition (Change/ Growth)

Showreel <https://youtu.be/2jQl6Ose1CI>

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PERFORMANCE

- DISRUPTIVE IDEA: How we perform under pressure is not a mark of our character. It's a mark of our training
- DISRUPTIVE IDEA: Multitasking is a myth - it decreases performance and increases stress.
 - Prioritise and focus one ONE thing at a time.
 - Collaborate don't duplicate. Say No to tasks and people where appropriate to reduce duplication or over-dependency.
 - Train hard fight easy (gain the competitive edge by making behaviours automatic)
- Key takeaways – greater productivity, greater decision making, reduced errors, reduced burnout





RESILIENCE

- DISRUPTIVE IDEA: . People do not need to be babysat. They need to learn to trust themselves.
- DISRUPTIVE IDEA: Working smarter not harder is the single most effective workplace initiative to avoid burnout.
 - Internal strength and self trust is built when we sit with discomfort rather than resisting or fuelling it.
 - Resilience is built when we take ownership of our choices and learn from them
 - The words we use matter – we can choose to model a powerful narrative.
- TAKEAWAYS – greater resilience, happiness, retention, loyalty, self-reliance.

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LEADERSHIP/TEAMWORK/D&I

- DISRUPTIVE IDEA: The biggest thing that holds us back is fear of rejection, which translates to self doubt, hostility and censorship.
- DISRUPTIVE IDEA: People don't just need to feel "psychologically safe", they also need to be brave.
 - We can leverage our fear to lead more intuitively
 - Skilful leaders convert group think into collective intelligence by encouraging healthy dissent.
 - When we give people permission to challenge us we strengthen, not weaken relationships.
- TAKEAWAYS: greater team cohesion, trust, collective intelligence, authentic leadership, self confidence.

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GROWTH/INNOVATION/L&D

- **DISRUPTIVE IDEA:** Imposter syndrome is not a syndrome that needs to be cured. It is part of the human condition and can be leveraged to identify gaps in our knowledges and identify our unique strengths
- **DISRUPTIVE IDEA:** Mistakes are not the issue, it's how we view them.
 - Growth accelerates when we own our mistakes and share our learning.
 - The secret to growth is getting out of our own way, and that usually requires embracing discomfort.
 - Having a vision is important, but taking the first step is essential
- **TAKEAWAYS** – growth mindset, confidence, increased buy-in, increased creativity and collective intelligence, increased probability of success of change initiatives.



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