

Sebastian Terry

Creator of 100 Things Philanthropic Movement

Driven by a passion to see others achieve, Sebastian Terry's one-of-a-kind story has organically become a powerful catalyst for personal and organizational transformation.

Shocked by the death of a close friend in his mid-twenties, Sebastian experienced a moment in his life where he asked himself a simple question; 'Am I happy?'. The answer was NO, and so, he created a list of 100 Things that he hoped would transform his life.

For more than a decade, Sebastian has been chasing down the goals on his list and teaching others how to do the same. From marrying a stranger in Vegas (Item #2) and delivering a baby (#23), to living on a deserted island for 1 week (#63) and even walking across a country (#36), he has grown his 100 Things journey into a best-selling book and a global movement. He has become a sought-after speaker, inspiring and catalyzing human progress and connection around the world.

The impact of time and experience has helped shape Sebastian's journey from the pursuit of fun and exciting life goals to the realization that these strategies transfer not just to others who dream of achieving personal goals, but also into the mechanics of organizational growth. Exclusively represented by [Leading Authorities speakers bureau](#), Sebastian inspires organizations to gain perspective, think big, and be the best they can be on every level so that others can follow suit. Twelve years from starting his journey, he combines electric energy, highly unique, entertaining, and emotive storytelling with actionable tactics to teach the principles of:

- Values-based goal setting,
- Developing an unstoppable mindset,
- Creating a unique action plan,
- The power of action,
- Self-accountability,
- And Improving culture through positive connection.

Guaranteed to make you laugh, cry, think, and finally take action, Sebastian's talks are like no other and engage any audience creating an environment for education and change. Individuals and teams walk away with a tool kit they can transfer into both their personal and professional lives as they set out with a structure to conquer any goal.