

## Sebastian Terry

Inspirational Keynote Speaker, Best Selling Author, TV Host, & Founder of the 100things Movement

Based in Venice, California, Seb Terry is a cheeky Australian whose passion for life is not only evident through his famed bucket list journey, but is powerfully unleashed onto stages with every keynote that he performs. 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 100things that he hoped would bring him closer to a sense of happiness, if not purpose, in life.

Abandoning the familiar, Seb has dedicated the past 16 years to pursuing and achieving his most audacious goals, not only transforming his own life, but along the way creating a ripple effect of positive change in others, too.

From Marrying a Stranger in Vegas (Goal #2) and Delivering a Baby (#23), to Living on a Deserted Island for 1 week (#63) and Helping a Stranger (#26) by aiding a quadriplegic man to complete a half marathon by pushing him in his wheelchair, Seb's story has been turned into a best selling book, his own reality show and a powerful keynote which has seen him speak in all seven continents.

Recognized for his unique approach in combining brilliant humor, piercing insight and real-time action, Seb's compelling storytelling and interactive teaching style has inspired millions of individuals around the world to take action on their biggest personal and professional goals, linking passion and purpose with limitless imagination.

Seb has shared his keynotes with Fortune 500 clients like Google, Berkshire Hathaway, Bank of America and McKesson, equipping audiences with the tools to not just adapt to change, but to create it, too. The impact of time and experience has helped shape Seb's journey from the pursuit of fun and exciting life goals to a framework and methodology that helps individuals and teams unlock limitless possibility in their professional and personal lives.