

Paul de Gelder

Navy Diver, Shark Attack Survivor & Author

Improvise, Adapt & Overcome

Paul's presentation isn't a shark attack story nor is it a military story. It's a journey of discovery and triumph that can relate to us all. It encapsulates aspects of our private, professional, mental and emotional strength and well being to make you understand how much we are truly capable of. Paul takes his audience on an emotional rollercoaster of dizzying highs and tearful lows strengthening their resolve and reinforcing their belief in themselves that they can and should live their own impossible dreams.

Takeaways include:

- Discovering the strength of the team
- Understanding why everyone wants you happy
- Improvising, adapting and overcoming
- Turning weaknesses into strengths
- Why embrace the power of change