

## Mick Dawson

The Man who Rowed Across the Pacific Ocean from Japan to San Francisco

**Coping With Isolation.** One of the world's experts on coping with isolation, Mick Dawson has spent over five hundred and twenty days at sea either alone or with only one other person for company. On one expedition in particular, he spent 109 days alone in a hostile environment 93 of those days with no outside contact whatsoever as his communications failed. As companies deal with the forthcoming periods of isolation due to social distancing and remote work, Mick shares his lessons-learned on how to manage isolation, and the specific coping mechanisms he developed to deal with such an abnormal existence.

**189 days: The first successful crossing of the North Pacific.** During a presentation covering all of the dramatic setbacks, highs, lows, and challenges of rowing across the fearsome North Pacific Ocean, Mick takes audiences on the amazing 7,000-mile journey from Japan to the iconic Golden Gate Bridge. With stunning visuals and valuable lessons on teamwork and peak performance, his presentation inspires audiences to push past boundaries. All great achievements start with the first step, and Mick challenges listeners to stop viewing their ambitions as "dreams" and instead as "goals," working towards those goals one day at a time. A captivating speaker who is both hilarious and humble, Mick keeps audiences on the edge of their seats and leaves them motivated to reach new heights.

Mick tailors his presentations to each of his individual clients to meet precisely their specific requirements. However, some of the key points he illustrates against the back drop of his incredible voyages are:

- Setting and achieving goals.
- Teamwork. Creating an unbreakable team.
- Using your fear to achieve your goals.
- Overcoming adversity and maintaining momentum
- Leadership and how to adapt it to achieve your aims.

Mick is an experienced and accomplished speaker who has delivered his unique presentations to a wide variety of audiences across the globe. From the stage of the Queen Mary 2 to Microsoft, Mick's dramatic, humorous and honest delivery has gripped audiences everywhere. He also has completed his first TED Talk: **'Fear, is a misunderstood friend.'**