

Thaddeus Lawrence

Author, Trainer, and Coach

Thaddeus is on an inspired mission to empower teams and individuals achieve personal excellence by setting audacious goals, overcoming extreme obstacles and persevering through adversity. And he has an impressive record in breaking mental and physical barriers! Thaddeus is best known for successfully racing 1,000 kilometers in the hottest, coldest, windiest and driest deserts on earth, in a competition rated by TIME magazine as one of its Top Ten Endurance Competitions in the world. His remarkable feats in the Sahara, Gobi, Atacama and Antarctica have also raised hundreds of thousands of dollars for charitable organizations. Thaddeus uses his unique experience to speak in the areas of personal motivation, mental resilience and goal achievement.

Having regularly appeared on Channel NewsAsia Primetime Morning, 938LIVE The Living Room and BFM89.9 The Business Station to share his insights, Thaddeus has also been featured numerous times in the print media including The Straits Times, TODAY, Lianhe Zaobao, Men's Health and Human Resources Magazine.

On Singapore Business Review's *10 Influential Professional Speakers in Singapore Right Now*, Thaddeus serves as President of Asia Professional Speakers Singapore (APSS). He is a two-time speaker at TEDx Singapore and is the author of *Runaway Success: Life Lessons from Ultra Endurance Racing*. Along with other experts, he co-authored *88 Essential Secrets to Achieving Greater Success at Work*.
