

Ben Saunders

World Record-Breaking Polar Explorer and Repeat TED Speaker

Achieving The Impossible. Showcasing spectacular visuals, a commanding stage presence, and funny stories, Ben Saunders enthralled audiences as he looks at why “Impossible is just someone’s opinion.” Taking audiences with him on his treks across the North and South Poles, he shares the keys to beating the odds and staying motivated even through challenges, risks, and setbacks. Stating that “No one else is an authority on your potential,” he unravels the mysterious roots of perseverance and shares insights about the traits we all possess that can allow us to tap into our deepest store of tenacity. His message is one of inspiration, empowerment, and boundless potential.

Thriving In Challenging Environments. *Business Insider* succinctly summarized Ben Saunders’ infamous journey to the South Pole as “A Polar Expedition that Killed Everyone the Last Time It Was Attempted.” Believing that “we can all accomplish great feats through ambition, passion, stubbornness, and refusal to quit,” Saunders shares stories about how to rise to the challenge in front of you and thrive in the most challenging environments. From pushing past mental and physical barriers to exploring your innate inner strength, Saunders shows audiences how to embrace adversity and challenge in order to reach their true potential. When your body says quit, what makes your mind charge ahead? When the stakes are high and things go wrong, how do we remain calm and moving forward? This modern day Shackleton takes audiences on an expedition about endurance and determination that is applicable to us all.

Turning Ideas Into Action. Ben Saunders explores the disconnect between ideas and action, touching on themes like challenging conventional wisdom, communicating with your team, and testing your sense of self-belief (which he believes gets stronger the more you use it). Through his transformative journeys across the North and South Poles, he shows audiences how to fully commit to a vision in order to maximize their chance of success and offers tips on training, preparedness, and teamwork.

Managing Change & Adversity. The landscapes of the North and South Poles are constantly in flux, making the dangerous terrain one of the most difficult to manage in all the world. Saunders takes audiences on his high-stakes expeditions and helps them apply his hard-won lessons learned. From mental toughness and the importance of choosing the right team to understanding when to ask for help (halfway through his South Pole journey, he had to call for a resupply flight, which meant his expedition was no longer “unsupported”), he highlights the right way to keep sight of your goals, manage change, and approach adversity.