

Robyn Benincasa

World Champion Adventure Racer & San Diego Firefighter

T.E.A.M.W.O.R.K.; The 8 Essential Elements of a World Class Team Culture. Keynote Themes

Team building Leading change Motivation and commitment Inspiring innovation Continuous improvement Resilience How can your company's team members operate like world-class teammates who collectively rise to challenges using human synergy? That's the term Robyn Benincasa coined to describe the magic that allows ordinary people to achieve extraordinary things together through a deeply connected team culture that ensures consistent peak performance by capitalizing on the collective strength of the team. Based on her New York Times bestseller, Robyn's flagship keynote takes leaders and teams on an immersive journey from being individual team members to becoming great teammates with the tools and inspiration to build their own world class teams in every aspect of their lives. Attendees will discover that achieving consistent peak performance doesn't result from reaching up and simply trying harder as an individual. Just as in mountaineering, reaching the summit successfully involves reaching OUT—figuratively “roping up” to other people; sharing your strengths, and equally importantly, your challenges. Accepting help from a teammate isn't a permanent state or sign of weakness, it's a gift to the team. And it's how you win. When everyone on the team leaves their ego at the start line in pursuit of your organization's highest purpose, there's no finish line you can't cross together. **Takeaways** Fuels deep and lasting care, empathy and respect between colleagues at all levels. Inspires leaders to prioritize team building in their quest for world class results. Helps team members grow into teammates who capitalize on each other's strengths and see themselves as leaders in their areas of expertise, regardless of title or tenure. Simple skills anyone can apply to cultivate consistent peak performance through real connection with colleagues, clients, etc. Builds an organizational culture of “we thinkers” so teams can think creatively and take calculated risks to reach higher peaks. Leaves the audience buzzing with ideas about how to raise their game and their team's to the next level, personally and professionally. Timing: 45-60 minutes Also available as a virtual keynote presented from a professional studio

Win as One!: Achieving Breakthrough Performance Through Collaboration, Creativity and a Culture of One! Keynote Themes Team culture Growth mindset Embracing challenge as a springboard to future success vs fearing challenge Individual and team resilience Creativity, innovation and agility Adversity management skills Whether something is changing in your business or industry, what's your approach: do you see a challenge as a threat or an opportunity? As leaders, our response can drive our organization to adapt, overcome and win through a mindset of relentless success through connection, calculated risk taking, and collaboration. In this unique, authentic and fast-paced multimedia keynote, Robyn shares the essential elements of world class performance that allowed her adventure racing team to overcome known and unexpected challenges to become the

sport's most prolific and consistent world champions. They weren't the fastest team. Yet they discovered smarter, better and more efficient ways through the course through fierce teamwork and innovation, using their resources in game-changing ways, and sharing challenges and strengths from start to finish. This winning strategy applies seamlessly to the epic adventure your business is on—no mud, blood or sweaty gear required. ? **Takeaways** Gives everyone an immersive experience that builds the excitement needed to achieve your next huge goal together. Creates a team culture that continuously embraces challenges as opportunities for innovation, visionary creativity and breakthrough performance. Empowers individuals to lead with their strengths and leverage their teammates' talents to unlock greater collective potential. Shows teams how taking calculated risks pays off as a strategy for exponential growth. Inspires audiences with a success mindset tested by ordinary people (not superhuman Olympians). Timing: 45-60 minutes Also available as a virtual keynote presented from a professional studio.

Why Winners Win: The Game-changing Mindset for Next-level Success. Keynote Themes

Success mindset Personal leadership Team building Peak performance Resilience Innovation What are the common attributes of people who make a lifelong habit of winning and succeeding against all odds? Drawing inspiration from Robyn's team of world champion adventure athletes and winners from all walks of life, this inspiring and practical keynote dissects the traits, skills and attitudes behind the world's most consistent high performers. The best of the best experience uncertainty and obstacles like everyone else. Yet they reach great heights through characteristic courage, adversity management, a keen ability to create synergy with their colleagues, and the ability to continuously inspire themselves and others. And yes, luck (opportunity + preparation): their level of preparation allows winners to discover and capitalize on opportunities. **Takeaways** Leveraging a game-changing strategy that shifts one's mindset from "not losing" to winning. Finding the opportunity in challenges to innovate and create future success. Empowering continuous improvement to spur change and reinvent the game. Capitalizing on resources and pooling individual strengths to achieve even bigger goals. Demonstrating the value of G.U.T.S. (Going the distance, Unwavering in your patience and faith, Taking calculated risks, and Shattering the norm). Solidifying how luck is a proven formula of opportunity + preparation that drives consistent peak performance. Timing: 30-60 minutes Also available as a virtual keynote presented from a professional studio.

Inspiring Greatness Through G.R.I.T.: Igniting the Passion and Perseverance to Pursue the Impossible. Key Themes Resilience Adversity management skills Culture of champions Leadership Team building Inspiration through challenges What inspires us with drive, perseverance and resilience to pursue goals that seem impossible, and achieve world class results in times of great change and challenge? We create this greatness in ourselves and our teammates through GRIT, a magical combination of: GUTS RESPECT for our teammates and the mission INNOVATION TEAMWORK that makes us "sticky" to our goals and dreams. In this keynote, Robyn shares real secrets to her teams' success over 20 years of leading the pack in adventure racing and as a firefighter. Much of our drive comes from our connection to something greater than ourselves: the passion we have for an inspired mission, the respect for a team whose success is inextricably tied to

ours, and the clients whose lives we will touch. Audiences leave Robyn's keynote with a deep understanding of how to create GRIT in yourself and your team. Most importantly, you'll be on a mission to inspire GRIT in everyone who is lucky enough to know you—the kind of leader that helps others climb their tallest peaks, fight their biggest fires, and cross their most challenging finish lines.

Key Takeaways Demonstrates a find-a-way-or-make-one attitude. Inspires teammates to commit to deep respect for one another and the higher purpose of the mission. Supports the best outcomes through anticipating and preparing for all conditions and contingencies. Shows how white space thinking allows for ingenious solutions and mission-driven innovation. Helps leaders and teams navigate difficult challenges by envisioning what kind of story we'd like to tell. Sustains a drive to succeed in tough times when it's tempting to quit. Timing: 45-60 minutes Also available as a virtual keynote presented from a professional studio