

Rosalind Savage

Ocean Rower, Author, Speaker and Executive Coach

An environmental epiphany led Roz to a radical life change, leaving an 11-year career as a management consultant to become the first woman to row solo across the Atlantic, Pacific and Indian Oceans. Through her experiences she has gained first-hand knowledge and insights into courage, resilience and personal determination. She is now a powerful advocate for unlocking potential and living a purpose-driven life.

Her realisation of two profound truths are at the heart of her adventurous experience and message: 1) we are all capable of much more than we dare to believe we are; and 2) any worthy endeavour requires an inspirational vision combined with a team committed to mastery. Roz loves sharing her insights on the power and benefits of living outside your comfort zone. Her bold teachings across both private and professional spectrums reveal the tools for success to global corporate and academic audiences. Her keynotes offer practical tools for overcoming the fear that holds us back from true engagement and fulfillment.

Her central premise is that courage is not the absence of fear, but rather feeling the fear while being sufficiently motivated to move past the fear towards success. Roz emphasizes how vital it is to leap into life's great adventure, striking the right balance between caution and boldness.

Combining her self-taught life skills with principles from neuroscience, psychology, leadership theory and personal development, she inspires every audience she meets.
