Colin O'Brady

Pro Endurance Athlete, 5x World Record Holder, and First Person to Cross Antarctica Solo, Unsupported and Unaided

What's Your Everest?: Goal Setting and Overcoming Obstacles Striving to reach the next level? What is it that holds you or your team back? What's your Mt. Everest and what stands in the way of you achieving it? What is the motivation you need to perform at the highest level? These are the questions that many of us struggle with at work and in our personal lives. Colin will bring you and your team on his harrowing journey from being told he might never walk normally again to climbing the highest mountain on each of the seven continents and becoming the world's first person to cross Antarctica solo, unsupported, and unaided. Prepare for your audience to be inspired, amazed, and energized as they are empowered to discover and define what their personal Everest is—and receive the tools they need to conquer it.

Be Possible: Change Your Mindset, Achieve Anything There is a quote Colin continually shares: "He who says he can, and he who says he can't are both usually right." Building high-functioning teams and high-performing leaders always begins with mindset. Colin has been on adventures that have taken him around the world to some of the harshest and most remote environments on the planet. At every step, Colin was confronted with hardships, both internal and external. It was in the face of that adversity that he found that the impossible was possible. This keynote isn't about the achievements of Colin, but instead about showing how ordinary people have the capacity to do extraordinary things. Find out what it takes to be a leader, to overcome self-doubt and closed-mindedness to reach peak performance, and how anything is possible if you set your mind to it.

Stronger Together: Harnessing Leadership & Collaboration Colin O'Brady's whole life has led him to world record success, but unlike his solo journey across Antarctica at the end of 2018, he hasn't been alone. Whether he was walking across the unpredictable frozen tundra of Antarctica or taking his first step to walk after a tragic accident, he has always had a team supporting his efforts. Colin knows that in order to succeed, you need a high-performing team that understands how to work together and seamlessly conquer the challenges that are sure to arise along the way. In this talk, you will learn how to build effective teams and strengthen the ones that already exist. Colin dives deeper into success principles by illuminating the benefits of teamwork, team building, leadership, and risk management to ultimately achieve success, whether you're at the top of the world on the summit of Mt. Everest, at the bottom of the globe in Antarctica, or anywhere in between.