

Speaker Biography: Paula Reid

Inspirational speaker, author and adventurer

NEW! SOUTH POLE



Paula is only the 3rd British and 14th International Woman to Ski Full Distance to the South Pole (Messner route). This is a challenging 1000km trek through remote, freezing terrain from the Ronne-Filchner Ice Shelf on the edge of the frozen Antarctic continent at 82°20 South to the Geographic South Pole at 90° South.

The trip meant pulling an 80kg pulk in one of the most inhospitable environments of the world; uphill all the way, climbing 11,000 feet (3350 m) with temperatures below -40°C plus severe wind chill and storms.

Paula was active 12 hours a day for 46 days, while also suffering from a severe case of 'Polar Thigh' which got steadily worse from Day Seven. She had to have the physical ability to cover a minimum daily distance and the mental stamina to continue in extreme conditions when she was exhausted and in great pain. She believes the Polar Thigh made this extreme trip twice as hard and thinks she could not have continued for one more day.

Talks include:

Choose Your Attitude – a talk about personal determination, resilience, goals, motivation and attitude.

Nuts or Guts? – an inspirational and entertaining story of her whole trip, including pre-trip prep.

Leadership: Poles Apart – an interactive workshop on leadership, with a look at Scott, Shackleton & Amundsen and including Paula's personal South Pole insights.



Speech: *BOAT to BOARDROOM* - Sailing around the World in the Global Challenge



High performance inspiration for leaders and teams drawing on the Global Challenge round-the-world yacht race.

As a core crew member of the Global Challenge *World's Toughest Yacht Race*, Paula raced 35,000 miles the 'wrong way' around the world, competing against 11 other 72' yachts. The race lasted for ten months, including 187 days at sea; 75 of which were spent in the notoriously freezing and dangerous Southern Ocean.

Paula, with two months notice and no sailing experience, was immediately in at the deep end with a Force 8 gale and a man overboard within ten hours of the race starting!

Then, in rounding Cape Horn, Paula and her crew had to perform *two* separate medical evacuations, spending a harrowing eight weeks battling the 40' waves and icy storms in the Southern Ocean; four crew down. Three weeks late and 3000 miles behind all the other boats they were greeted with a heroes' welcome in Wellington.

Paula experienced some huge highs and huge lows during the Global Challenge. Her crew won the most awards and came out of it the toughest and closest team out of the 12. Personally, she had to dig *very* deep during the challenge and developed an inner strength, a determinedly competitive attitude and massive resilience and mental toughness. All this with NO sailing experience!

Her book *BOAT to BOARDROOM* uses the Global Challenge as an extreme case study, referencing it to provide memorable and unique lessons, advice and practical exercises in high performance leadership and teamwork. Her second book: *The 7 Racing Rules – Lessons for Winning in Business and in Life* contains her top seven performance principles.

Speech: *LIVE LIFE TO THE FULL - How to Achieve your Personal Goals*

Paula is an adventurer at heart; pushing herself to the limit and living life to the max.



Paula talks about living life to the full and having a list of things to do before you die.

In a ground-breaking expedition in 2001, Paula paddled 600 miles down the Mekong River in a dugout canoe which she bought off a tribal chief in rural Cambodia. She hit rocks and rapids, capsized, cooked all her meals on a fire and got arrested at gunpoint! She has also paddled down the San Juan River in Nicaragua and kayaked the Thames from source to sea.

Paula has been to 56 countries and achieved 112* of her 'things to do before she dies' including: Skiing to the South Pole; Sailing around-the-world; fire walking; glacier trekking; Hadrian's Wall; the London Marathon; walking from coast-to-coast; trekking in West Papua; bog-snorkeling; great white shark diving... and many more! Book her for inspiration, motivation and tips on how to live life to the full or how to achieve personal goals.

* so far!

TEDx Talk – canary Wharf

Workshops

Paula combines extreme stories and analogies with business expertise to create leadership and performance development that is unique, powerful and deep rooted. She influences and inspires at conferences, meetings and events as a keynote speaker and through interactive workshops. Typical themes include:

1: The Big Picture: *Vision, Mission, Values, Strategy, Goals*

Why have them, how to get them and how to make them live within an organisation.

2: The 7 Racing Rules: *How to win in business and in life*

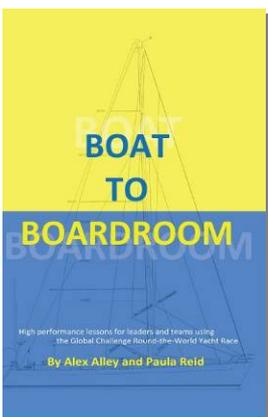
Seven winning strategies for high performance leadership and teamwork; principles for beating the competition and tips from extreme competition - the world's toughest yacht race.

3: Stormy Waters: *Leading and managing in difficult times*

Crisis prevention and management; 'Man Overboard' practices; strategic solutions for weathering the storm; communication; post crises mop up and motivation.

4: Boat to Boardroom: *Specific solutions*

Talks and workshops tailored to specific organisational challenges or to fit within the current stage of the organisation's evolution, such as: Leadership; Personal Development; Motivation; Teamwork; Strategy & Tactics; Excellence in Execution; Working under Pressure; etc



Some Testimonials

Many thanks - you were absolutely brilliant and inspiring yesterday. What a story you had to tell, and you told it beautifully. I could almost hear the guys in the audience revving up as you talked! PS You were right: your 'big wave pix' were way better than mine! Paul Boissier, CEO, RNLI



*Just wanted to say how much I enjoyed the presentation last night by Paula. The talk was exciting, interesting, and very well presented through an excellent speaker and backed up by wonderful video clips and photographs (and appropriate music!). Please continue with these excellent choices of speakers. I learnt a lot about how these epic events carried out by these individuals and the experiences and knowledge they gain can be passed on to others to improve their leadership skills in the NHS.
Attendee, Leadership Forum, Plymouth Hospitals*

*I heard you talk at our success day in Leeds last year. I was impressed by your talk.....However your book OMG the best management book I've ever read. Thank you so much, I've learnt loads. You are without doubt a most clever insightful, thinker and writer. I've not finished it yet, as am a very slow reader. But there is sooo much to think about! With gratitude and respect,
Attendee, Forever Living Products*

*I have seen quite a few sportsmen/adventurers as business speakers now, but Paula was amongst the best at making her experiences relevant to the business needs of the members present. The group loved it and gave the session an overall score of 9.5 (four 10's!) – a great result.
Chair, Academy of Chief Executives*

*Absolutely fantastic. Very, very inspirational. Take away from it – focus, goal setting, relevant to running my business, determination... absolutely brilliant.
Attendee, Forever Living Products*

*Paula was excellent & her presentation perfectly met my requirements.
Chair, The Corporate Finance Network*

*... the presentation was amazing, you did a really good job with good links – great lessons from your experiences – “a big thumbs up”
SpecSavers*



*We would like to thank you for your excellent contribution to the BEF World Class Development Programme Biannual Cross Discipline Event ... Your knowledge and experience within this complex industry will really help to support their development as 'professional' riders. I know that the riders appreciated your involvement and input on the day and will have learnt a lot from it... Thank you so much. You were fabulous.
World Class Development Manager, British Equestrian Federation*

*(What did I take from the speech?) Just don't quit. Just don't give up at all. One little thing could happen in so much adversity...really inspirational. It covers so many aspects, that's why I bought the book!
Attendee, Forever Living Products*

Paula is great! She's interesting, full of humor yet serious and knows how to connect & relate her personal story to business insights. Everyone was fascinated by her and told us it was both inspiring & interesting. So... I have only warm recommendation for her. VP Marketing, Tiny Love