



Bear Grylls

Everest Mountaineer, Author and Motivational Speaker

"One of the most moving and honest speakers I have heard" Spike Milligan

Bear Grylls has become known around the world as one of the most recognised faces of survival and outdoor adventure. After breaking his back in three places in a parachuting accident, he fought his way to recovery, and two years later entered the *Guinness Book of Records* as the youngest Briton to climb Mount Everest, aged only 23.

TOPICS:

- Going the Extra Distance
- Motivation
- Achieving Goals
- Leadership
- Survival

LANGUAGES:

He presents in English.

PUBLICATIONS:

- 2014** True Grit
- 2013** A Survival Guide for Life
- 2012** Mud, Sweat and Tears
- 2008** Mission Survival 1: Gold of the Gods
- 2004** Facing the Frozen Ocean: One Man's Dream to Lead a Team across the Treacherous North Atlantic
- 2000** Facing Up

IN DETAIL:

Prior to the Everest Expedition, Bear spent three years with the British Special Air Service (21 SAS). In 2003, Bear successfully completed another ground breaking expedition leading a team across the freezing North Atlantic Arctic Ocean in a small open rigid inflatable boat. He has authored 15 books, including the No 1 Bestseller: *'Mud Sweat & Tears'* which was voted the most influential book in China for 2012. In 2013 his US TV series *Get Out Alive with Bear Grylls* was aired on NBC and showed worldwide on Discovery Channel. He has led ground-breaking expeditions across the world. His passion and enthusiasm for the outdoors are now shared and enjoyed through his TV programmes in over 150 different countries, reaching over one billion people worldwide.

WHAT HE OFFERS YOU:

Bear's story of progressing from a broken back in hospital to the summit of the world's highest mountain, is one that touches people globally. Bear's talks focus on those simple qualities that make the difference between life and death on a mountain: the intimacies and realities of teamwork, the honesty needed in intense environments and the courage that comes not from bravado but from something else inside.

HOW HE PRESENTS:

Bear has a natural talent for communication and his talks are both challenging and informative. His is a story of honesty, friendships, determination and humility.