

Sean Conway

Endurance Adventurer

"Anything is Possible – Thinking Big!"

Sean is an endurance adventurer who takes pleasure in mentally and physically pushing himself way beyond what was thought possible. His endurance adventures have varied from climbing Kilimanjaro dressed as a penguin to cycling 16,000 miles through 6 continents in 116 days (most of it while suffering from a fractured spine).

TOPICS:

- Realise Your True Potential
- Overcoming Adversity
- Motivation
- Achieve Your Goals

LANGUAGES:

He presents in English.

PUBLICATIONS:

2015	Hell & High Water
2012	Land's End to John O'Groats

IN DETAIL:

Sean Conway is the first man to swim the length of Britain. The gruelling 900 mile swim from Land's End in Cornwall to John O'Groats in Scotland took him more than four months. During the swim, he had to endure cold temperatures, sea sickness and jellyfish stings to the face. But he did not give up. And that is the message he tries to send to everyone. In May 2015, Sean made history by completing his Triathlon of the UK, running the length of Britain – a run that was equivalent of 38 consecutive marathons.

WHAT HE OFFERS YOU:

Sean's never-give-up attitude and gripping stories are capturing the imagination of thousands, so back on dry ground; Sean provides motivational talks about setting your goals high, challenging yourself and overcoming tough times. Sean wants to help people realise their true potential; "why listen to someone else tell us what our true ability is?" We are all physically and mentally more capable than we think we are.

HOW HE PRESENTS:

Sean has a natural talent for inspiring and motivating audiences. His presentations are full of energy and demonstrate Sean's passion for adventure.