



## Sean Conway

Endurance Adventurer



### CSA CELEBRITY SPEAKERS

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).

**"Anything is Possible - Thinking Big!"**

#### 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.

#### Topics

Realise Your True Potential  
Overcoming Adversity  
Motivation  
Achieve Your Goals

#### Languages

He presents in English.

#### Want to know more?

Give us a call or send us an e-mail to find out exactly what he could bring to your event.

#### How to book him?

Simply phone or e-mail us.

#### Publications

##### 2015

Hell & High Water

##### 2012

Land's End to John O'Groats