

Speaker Biography: Paula Reid

Inspirational speaker, author and adventurer



Speech 1: *BOAT to BOARDROOM*

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.

Paula combines extreme sailing 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 on the following four themes:

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*

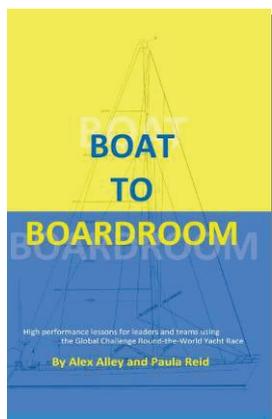
Seven winning strategies for high performance leadership and teamwork; principles for beating the competition and tips and lessons from extreme competition - the world's toughest yacht race.

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. Paula has covered a range of organisational themes - sailing around-the-world is rich in analogy, stories and experiences. Book her to speak or run a workshop on:



- Various Leadership topics
- Personal Development
- Communication
- Motivation
- Teamwork & Team Evolution
- Strategy & Tactics
- High Performance
- Beating the Competition
- Excellence in Execution
- Working under Pressure
- Pure Inspiration / Motivation

Speech 2: **LIVE LIFE TO THE FULL- How to Achieve your Personal Vision**



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

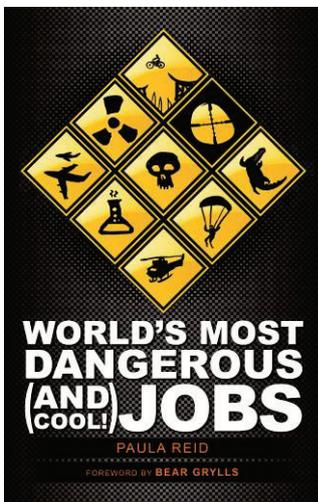
Paula talks about living life to the full and having a list of things to do before you die. Inspiring all sorts of people to do all sorts of things – no regrets!

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 48 countries and achieved 93* of her 'things to do before she dies' including: 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.

*93 so far!

Speech 3: **LESSONS FROM THE WORLD'S MOST DANGEROUS JOBS**



Paula's recent book: *The World's Most Dangerous Jobs* is a result of researching 21 dangerous – and cool – professions around the world including: astronaut, red arrows pilot, sniper, IED disposal chief, undercover cop, F1 driver, RNLI, ice road trucker and international search & rescue.

Out of the interviews she discovered many leadership, team, risk and communication tips and has converted these into 'sorbet' speeches – perhaps for inbetween courses of conference sessions.

15 tips, from 15 dangerous jobs with amazing photos.

In Business

Paula specialises in Leadership: influencing, inspiring, training, coaching, facilitating or stimulating them into thinking deeper and more meaningfully about what they do. She believes that leaders need to be inspirational, courageous, effective, innovative and visionary.