

MARK POLLOCK

ADVENTURE ATHLETE | AUTHOR | MOTIVATIONAL SPEAKER

Mark helps businesses achieve more than they thought possible.

It is tough to deliver world class performance. Your people won't do it by chance. With a high-impact catalyst you can help them act with the courage to make it happen. Mark Pollock is that catalyst.

Unbroken by sudden blindness at the age of 22, Mark went on to compete in ultra endurance races across deserts, mountains, and the polar ice caps. These challenges include a race to the South Pole, 6 marathons in 7 days in the Gobi Desert; and the Tenzing Hillary Everest Marathon. He also won silver and bronze medals rowing in the Commonwealth Games.

Mark understands human performance and uses his hard-earned expertise to help people in business achieve more than they thought possible.

Acknowledged worldwide as an expert in smashing expectations, **Red Bull UK's** Managing Director describes him as "awe-inspiring".

In July 2010 the challenge chose Mark. In a tragic fall from a second story window, he broke his back and was left paralysed. Now Mark is living his own lessons, deciding how to overcome this second blow. A pioneer, he is exploring the frontiers of spinal cord injury recovery through aggressive physical therapy and robotic technology.

Mark is available for motivational and business keynotes, after dinner speaking, ambassadorial roles, and TV and radio presenting. Mark speaks about:

- Acknowledging the true fight.
- Overcoming adversity and crisis.
- Challenging conventional wisdom
- Developing courage to take risks
- Creating teams that think differently

Described in the **Daily Telegraph** as "a story of courage, determination and hope", Mark features in the media worldwide. The subject of the internationally viewed documentary "Blind Man Walking" he also presented the Paralympic Games documentary "Beyond Limits". Mark has been awarded an honorary doctorate from Queens University and is author of the book "Making It Happen".

To discuss how Mark can help your organisation achieve more, email mark@markpollock.com or go to www.markpollock.com to learn more.



TESTIMONIALS

"One of the great strengths of your message is that it leads the listener to look at their situation and question their responses... We may not control the environment and may not be responsible for the situation we find ourselves in, but we are responsible for our actions and responses."

Merrill Lynch

"Since your session many people are beginning to make it happen in terms of their work and career goals in Canon - there really is a different atmosphere around the place."

Canon



Pic: Mark training in Norway for the South Pole Race, 2009.

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