

Self-Leadership in a Changing World with Nat Geo Adventurer

LONDON
SPEAKER
BUREAU

The Gobi Desert, winter 2011

adventurer | author | speaker **Rob Litwall**

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“The only constant in life is change”, so said the philosopher Heraclitus. Today, issues of volatility, uncertainty, complexity and ambiguity resound across the headlines and through our lives on a daily basis. In every industry, in every role, pressures are mounting, challenges are multiplying, and the stakes are rising. At such times, the default is to focus on surviving till the latest crisis passes. But can we rise above the situation, and even thrive amid the difficulties? It is no longer enough to simply have the right knowledge, competencies and technology; the key is found in cultivating self-leadership with the right perspectives and habits of mind about change.



Rob Lilwall is an ordinary person who, through taking an adventurous attitude to life, has achieved the extraordinary. In the last two decades, he has embarked on expeditions by bicycle and on foot, covering over 80,000 km of the world's land surface. These have included an unsupported walk across the Gobi Desert in winter; pedalling over the war-torn passes of Afghanistan; and being the first person ever to drag a bicycle across the Kokoda Trail in Papua New Guinea. Through learning from the local people he has met at ground level in over 50 countries, Rob has gained a unique perspective into humanity in all its diversity. National Geographic have made two television series about his exploits and he is the author of two books, *Cycling Home From Siberia* and *Walking Home From Mongolia*.

In his energetic and interactive presentations, Rob transports his audiences into the world of adventure, while expertly drawing powerful parallels with the ever-changing challenges of daily life, and providing practical, effective strategies to overcome them. To date, he has given his presentations to over 40,000 people around the world, with recent clients including HSBC, InterContinental, Hewlett Packard, ABB, MDRT, Nike and UBS.

Rob cleverly takes lessons from his adventures and applies them to business, whether it be management or sales. There are not enough original speakers with positive takeaways for their audiences, Rob Lilwall is surely one.

-Tony Gordon, Former President, Million Dollar Round Table

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Self-Leadership in a Changing World

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Keynote and Masterclass Topics

Change: what attitude should we take towards life's only constant and how do we thrive in the middle of it?

Risk: how do we find the right balance towards risk-taking that is both intelligently calculating, and yet appropriately bold?

Resilience and Self-Leadership: how do we live and work wisely and intentionally, so as to maintain good judgment, clear goal-orientation, and high resilience for the long-haul?

Collaboration: how can we build a culture which recognises that “we don't have to make it on our own”, and so become better at both giving and receiving help along the way?

Benefits

- > Fresh insights into change and its relationship with the opportunity to grow
- > Out-of-the-box, real-life stories, which go to the heart, bypass audience cynicism, and show the benefits of inter-dependency
- > Practical, research-supported strategies for developing the *Attitudes of Adventure*: goal setting, self-care, resilience, collaboration, calculated risk-taking, and problem solving.

Format

Rob can deliver his messages in a standalone keynote presentation (ideal for opening or closing a conference on a high note), or alternatively as a half-day or whole-day masterclass which includes additional activities and practices for building the *Attitudes of Adventure* more deeply into daily life.

All this talk of facing fears and overcoming obstacles sounds like marketing patter for Lilwall's current career as a motivational speaker. But with Lilwall, it's hard not to believe it.

- *Time Out*

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Rob brings a degree of authenticity that is difficult to find these days. His message is grounded in humble personal experience and connects some very real and essential elements of human nature to the business world. Refreshingly different!

- CBRE

REFRESHINGLY different





What clients have said

In previous years, speakers at Asian Private Banker's Family Office Summit have included Kenneth Taylor ("The real hero of Argo") and Al Gore (45th Vice-President of the United States). This year we had Rob Lilwall, and he certainly did not let us down. Through a combination of endearing humility and granite determination, Rob delighted and motivated a riveted audience.

- *Asian Private Banker*

Rob was one of our keynote presenters at an event for 2,000 of our top performers. Rob easily found ways to link his stories to the daily challenges associated to our line of work, and was able to complement with real life experiences that made him ever more credible as a speaker. I highly recommend Rob.

- *Manulife*

We were lucky enough to have Rob Lilwall speak at our Annual Conference for our Sales and Marketing teams. Not only was his speech engaging, funny, and inspirational but Rob also demonstrated how it was relevant to the key themes of our conference, specifically tailoring his presentation after a detailed briefing with us. I cannot thank Rob enough.

- *InterContinental Hotels*

Rob spoke to our senior Asia Pacific leadership team at the MEC regional meeting. We have a talent manifesto of "Don't just live, thrive", and we wanted people to be inspired by someone who has truly thrived in their life. Rob opened up the minds of those in the room to focus on a goal, and be resilient, and often creative in achieving it. He spoke for an hour and it seemed to pass in a minute. Highly recommended.

- *MEC*

Rob's style, his content, and his character captivated the room, and the level of engagement was palpable. He made every person feel as if they were having a personal conversation with him. I encourage anyone looking for these types of experiences and results to share your needs with Rob; I guarantee he will deliver beyond expectation.

- *ADP*

FUJITSU

