



# Keynote Speeches

## Life's Challenges & Becoming Resilient

When you're organising your next conference or event, give your audience something really **memorable** to take home. Book Ian Rose to give one of his incredibly **entertaining** and **inspirational** speeches.

People who have heard Ian's speeches on his life story and developing resilience said:

*Simply inspirationally **outstanding**.*

*He kept our audience **enthralled** for two hours.*

*Ian was truly **inspiring** and gave a lift to the entire room.*

*He's a fabulous **storyteller**.*

# Keynote Speeches

Life's Challenges &  
Becoming Resilient

*"Resilience is the ability to pick yourself up, dust yourself down, and try again when things don't go your way." - Ian Rose*



## Be More, Achieve More, Smile More – it's not all about the medals

A **thought provoking, emotional and challenging presentation**, your audience will hear how Ian changed from being a shy seven-year-old, teased about his disability and looks, into a successful IT Sales Consultant, a double Paralympic medallist, and Director of his own motivational business. All through learning about the importance of becoming resilient.

Steering your audience through the highs and lows of his life, Ian explains why life should be a **constant path to progression**, not perfection. And yes, the medals will make an appearance!



## Staying Motivated and Resilient in Tough Times

In this speech, Ian takes your audience through the **secrets of his success**. He shares the strategies used in his sporting and professional careers. In fact, Ian still uses those strategies to this day to strengthen his resilience during tough times.

Packed with **proven practical techniques**, your audience will learn how to take back control, deal with stress, and develop a positive performance mindset.

This speech can be delivered either as a standalone presentation or as a follow on from Ian's hugely successful **Be More, Achieve More** Keynote.



To discuss how Ian's **keynote speeches** will lift your events, call or email Ian today.