

# SEBASTIAN TERRY

## BIO:

Inspirational Keynote Speaker, Best Selling Author, TV Host, & Founder of the *100things* Movement

Driven by a passion to see others achieve, Sebastian's one-of-a-kind story has organically become a powerful catalyst for personal growth and organizational transformation.

Leveraging the power of goal setting & striving as a vehicle to maximize mental wellness, individual productivity and team engagement, Sebastian's action-based keynote integrates individual evolution with professional development.

*“Seb’s philosophies, tools and processes will unleash anyone’s ability to put aside procrastination and prioritize what’s truly important to them in living a happier and healthier life. Time with Seb is a gift and one my whole team and I will forever be grateful for - it’s nothing short of life changing”*

Nick Drake- CMO Google

Shocked by the death of a close friend in his mid-twenties, Sebastian experienced a moment in his life where he asked himself a simple question; ‘Am I happy?’.

The answer was **NO**, and so, he created a list of **100things** that he hoped would transform his life.

For over a decade Seb has been chasing down the goals on his list and teaching others how to do the same.

From marrying a stranger in Vegas (Goal #2) and delivering a baby (#23), to living on a deserted island for 1 week (#63) and even helping a quadriplegic man complete a half marathon by pushing him (#26), Sebastian's story has been turned into a best selling book, his own reality show and a renowned keynote that has inspired millions of people around the world.

The impact of time and experience has helped shape Seb's journey from the pursuit of fun and exciting life goals to the realization that these strategies transfer to the mechanics of organizational health.

Blending masterful storytelling with processes, research and data from the field, Sebastian's keynote offers equal shots of inspiration, education, and entertainment, leaving his audience with a toolkit & mindset for ongoing growth..

***“Honestly, it was just great!”***

Nick Tran- CMO TikTok

Often noted as the highlight of any conference he presents at, Sebastian's keynote is an experience that will make you audience laugh, think, cry and ultimately take action.