



**KEYNOTE**

**TAKEOUTS**

Goal Setting and "Grit"  
Importance of Team  
Be brave enough to Try  
Practising a Resilience  
Mindset

**RYAN  
STRAMROOD**

**ADVENTURER & INSPIRATIONAL SPEAKER**

## WHO IS RYAN STRAMROOD?

A dip into Ryan Stramrood's swimming CV is impressive, and cold! He has already completed over 100 Robben Island-to-mainland crossings and swam solo across the notorious English Channel.

With a team of South Africans, he swam the first official "Ice Mile" in -1°C water in Antarctica, completed a swim in the Jokulsarlon Glacier Lagoon in Iceland, and competed in the IISA World Championships in Borghausen, Germany, and this is just the tip of the proverbial iceberg of his swimming achievements!

**Beyond Ryan's physical prowess, this born-and-bred Capetonian is a gifted speaker whose telling of a personal journey of challenge and discovery is deeply inspiring.**

***"What if you could flick a switch that took you from self-protect mode to self-explore?"***

### **PUSH PAST IMPOSSIBLE INSPIRATIONAL KEYNOTE**

**🕒 1 HOUR**

***Ryan takes his audiences on a journey with him.***

Through story telling and strong visuals, he illustrates just how limited and governed we all are, in every aspect of our lives, by believing in our own limitations. How we under achieve in our comfort zones and how each and everyone of us can push past impossible.

### **GRIT MINDSET WORKSHOP HALF-DAY WORKSHOPS**

**🕒 4 HOURS**

***The Grit Mindset Workshop is designed to combine emotion with message,*** and adds a powerful practical element, while unpacking Ryan's Inspirational Keynote. This is achieved in one-on-one/small group engagements and practical exercises. Expect entertainment and fun with long lasting personal motivation in both business and daily life challenges.



As the founding members of the International Ice Swimming Association (IISA), we wanted to achieve an official world first **Ice Mile** south of the Antarctic Circle.

As one of the three who completed the challenge, out of the six making the attempt, the lessons I learned from pushing myself so far beyond what nearly everyone believed to be impossible, have helped me to understand the power of the human mind and it's propensity to hold us back.

*The psychological anxiety from the Leopard Seal's we stood to encounter on this challenge, on top of an impossible distance in minus 1°C water, made this a pivotal challenge for me and the focus of my primary keynote talk.*



# ANTARCTICA

*"We wanted to attempt a world first 'ICE MILE' swim South of the Antarctic Circle."*

*"Ryan is a great story teller with seriously impressive achievements in open water and ice swimming."*

**Lewis Pugh, Author and UN Patron of the Oceans**

*"Ryan is an amazing presenter! He will take you with him all the way and make you part of his storyline. I can highly recommend corporates and any other entities to make use of Ryan to inspire and motivate their employees, teams and management or memberships of affiliations. Ryan is also one of the nicest personalities around and easy to deal with. WOW! "*

**Kobus Kleyn, Financial Expert and MDRT Country Chairman, Liberty Group**

*"I'm so glad we asked you to be our guest speaker! Your story, your positive message and the linkage between our theme and what we need to do as a business and your life changing experiences were literally spot on, so thank you."*

**Laurence Hipkin, President, EEMEA UK**

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