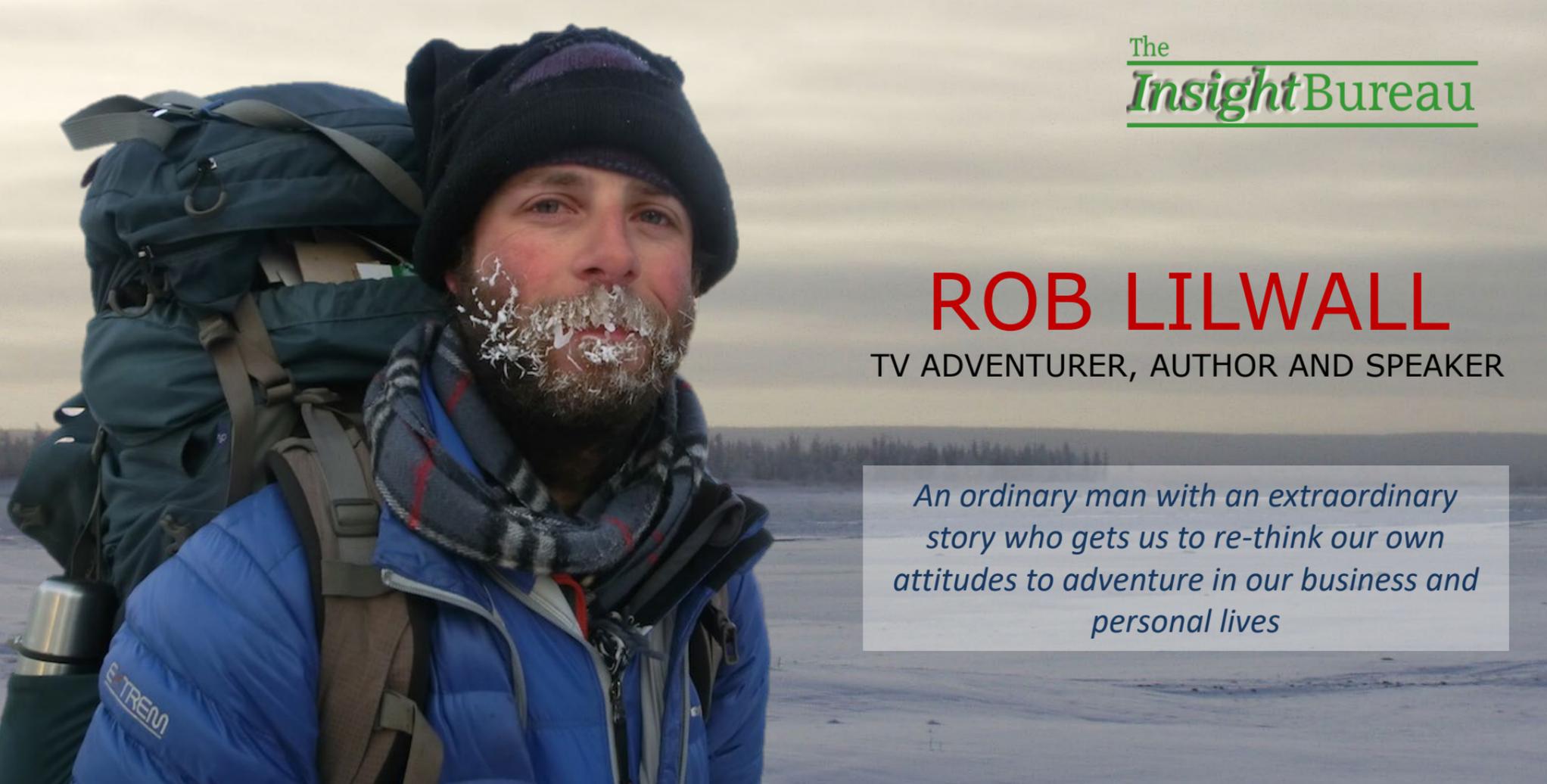


# ROB LILWALL

TV ADVENTURER, AUTHOR AND SPEAKER

*An ordinary man with an extraordinary story who gets us to re-think our own attitudes to adventure in our business and personal lives*



# ROB LILWALL

## His background

Rob Lilwall is an **adventurer**, **author**, and **keynote speaker** with independent adventures by bicycle and foot across **50,000 miles** (80,000 km) of the world, including through **Siberia**, **Tibet** and **Mongolia** in winter, as well as **Papua New Guinea**, **Australia**, **China**, **Iran** and **Afghanistan**. He has two TV series with **National Geographic** and has written **two books**.

In his speeches, Rob takes the audience with him on his **journey**, **bringing to life** the **mindsets** that are needed to **succeed** in today's **uncertain**, **high-pressure** and **high-opportunity** business environment. He **weaves in powerful takeaways** to **empower** the audience to **thrive amid change**, **embrace challenges**, and **achieve great goals**.



# ROB LILWALL

## His background

Rob has given speeches in over **50 cities around the world**, to organisations including Microsoft, Symantec, Gemalto, IBM, ADP, ABB, Swire Properties, CBRE, Ayala Land, Stokke, MEC, Nike, adidas, P&G, Mars-Wrigley, Ferrero, Hyatt, Marriott, IHG, HSBC, UBS, Deutsche Bank, Alliance Bank, Permira, Prudential, Manulife, AIA, Sun Life, Randstad and Thomson Reuters.

Rob's keynote speeches are an **ideal fit** for **conferences, town halls** and **off-sites** where, alongside industry experts and company updates, you are looking for an **out-of-the-box story** to **add value** and give **"wow"** to the event, and which will **provoke a deep, positive change in attitudes and habits**.



# ROB LILWALL

## His story

Having received his education at **Edinburgh University** and **Oxford University**, Rob Lilwall's early career included working as a door-to-door salesman in California and London, and a high school **geography teacher** in the UK. He then embarked on his two most epic expeditions: the three-year 50,000 km **Cycling Home From Siberia** expedition, and the six-month 5,000 km **Walking Home From Mongolia** expedition. Both were commissioned as television series for **National Geographic**, and involved Rob travelling unsupported through some of the harshest places on earth, from the frozen wastelands of the **Gobi Desert** and the remote valleys of inland **China**, to the thick jungles of **Papua New Guinea** and the war-torn passes of **Afghanistan**. Rob's shorter expeditions have included circumnavigating the M25 motorway and crossing Israel and the West Bank on foot, and traversing the Ethiopian Highlands, the Andes, and the Karakoram by bicycle.



# ROB LILWALL

## About his book

He is the author of two books, and has given motivational talks to more than 50,000 people in over 20 countries around the world. In between expeditions Rob devotes himself to writing, speaking and charity work.



*"I don't know if Rob Lilwall knows it but he has penned a two-wheeled classic!"*

*The Guardian's review of Cycling Home from Siberia*



# ROB LILWALL

## “Attitudes of Adventure” Speaking topics

Bringing leadership training to transform the workplace



- Thrive amid change & uncertainty
- Embrace challenge
- Collaborate better
- Persevere under pressure & rise from setback
- Achieve great goals
- Harness fears & take the best risks
- Improve self-care & wellness
- Grow self-discipline

### Four Key Mindsets:

- **A Growth Mindset**- the belief that through intentional effort, deliberate practice and gritty persistence we can improve our abilities and skills
- **A Courageous Mindset**- Fear is a powerful emotion that can be useful for keeping us safe. But it can also be unhelpful, as it generates a fight, flight or freeze instinct which can hijack our thinking.
- **A Resilient Mindset**- Resilience is the ability to endure through and bounce back from a tough experience, instead of burning out or giving up. Resilience is not fixed, but rather can be cultivated and enhanced through ongoing development and the intentional use of specific tools.
- **A Collaborative Mindset**- Rob explains powerful applications of a collaborative mindset for the corporate world, whether it be in networking for sales, working as a team to achieve a great goal, or seeking good advice from coaches and mentors who will help us make good business decisions and become more effective.

# ROB LILWALL

## The Four Mindsets



### A GROWTH MINDSET

Business leaders and psychologists alike are hailing the concept of a growth mindset – the belief that through intentional effort, deliberate practice and gritty persistence we can improve our abilities and skills. A Growth Mindset has also been at the heart of Rob's adventures, for he has learnt first-hand the power of embracing challenge, trying his best, and growing much in the process. In his speeches, he brings the concept to life, challenging the limiting beliefs of the audience so that they come to believe in their ability to grow, especially when times are tough.



### A COURAGEOUS MINDSET

Fear is a powerful emotion that can be useful for keeping us safe. But it can also be unhelpful, as it generates a fight, flight or freeze instinct which can hijack our thinking. Rob reflects on his own battle with fear and his efforts to learn courage. He illustrates how through understanding our fears we can learn to harness them to energise rather than hinder us. Rob also considers the topic of risk-taking, and how in a world of rapid change, taking no risks is not an option. He reflects on how to assess risks and how to find the courage to take them.



### A RESILIENT MINDSET

Resilience is the ability to endure through and bounce back from a tough experience, instead of burning out or giving up. Resilience is not fixed, but rather can be cultivated and enhanced through ongoing development and the intentional use of specific tools. Using personal and vulnerable stories Rob unpacks the importance of self-care, self-efficacy, focus, meaningful goals, and realistic optimism. And in fact, by practicing resilience in tough times, we open ourselves up to tremendous growth.



### A COLLABORATIVE MINDSET

Although Rob has often been alone on his expeditions, he could never have made it on his own. He has had to seek boats across seas, guides through jungles, and places to stay on remote mountain passes. Rob explains powerful applications of a collaborative mindset for the corporate world, whether it be in networking for sales, working as a team to achieve a great goal, or seeking good advice from coaches and mentors who will help us make good business decisions and become more effective.

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## Testimonials

*"Humorous, unassuming and definitely inspiring"* -NIKE

*"Extremely motivating and added great value to our conference"* -DUPONT

*"We have had many conferences and many after-dinner speakers and without doubt Rob Lilwall was one of the very best."* -MACQUARIE CAPITAL

*"His talk was nothing short of inspiring. Your remarkable story brought to life our values in an external environment."* -HSBC

*"Rob was able to tie in how such expeditions are relevant to day-to-day business."* -INCISIVE MEDIA

*"Rob was amazing. His presentation was captivating, funny, motivational and relevant to our audience. A number of our guests have expressed interest in having Rob involved with their own events. I highly recommend him."*  
-THOMSON REUTERS

*"I liked the way he tailored his presentation to tie into the key messages of our conference."* -MARRIOTT INTERNATIONAL



### Useful links for Rob Lilwall:

- TIB Speaker Web Page >> [Go to Webpage](#)
- TIB Speaker Profile >> [Download PDF](#)
- TIB Video Channel >> [Watch Videos](#)

inspiring ▪ entertaining ▪ motivational



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