

## Rob Lilwall

**NatGeo Adventurer and Author**  
***Cycling Home from Siberia* and**  
***Walking Home from Mongolia***

Speaker on Self-leadership in a Changing World



**Rob Lilwall is an ordinary person who, through taking an adventurous attitude to life, has achieved the extraordinary**

### Professional experience

- Rob Lilwall is a former geography teacher turned adventurer. His remarkable story is told in two books and has been serialized by National Geographic magazine.
- 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.
- He gives inspirational talks around Asia and the world and has already inspired more than 40,000 people in over 20 countries. 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.
- He has worked with some of the world's biggest organisations and brands, including Microsoft, Gemalto, IBM, ADP, ABB, Swire Properties, MEC, Nike, Adidas, Hyatt, Marriott, Ayala Land, HSBC, UBS, Goldman Sachs, Permira, Prudential, Manulife, AIA, Randstad, and Thomson Reuters.
- In between expeditions Rob devotes himself to writing and speaking.

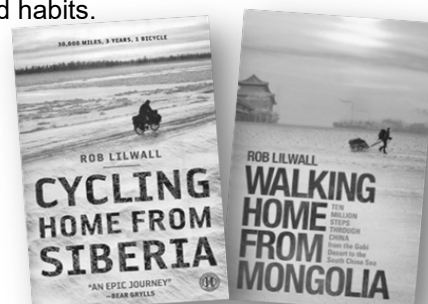
### Books, Published papers, Media

- Author of *Cycling Home from Siberia* (2010) – Hodder & Stoughton.
- Author of *Walking Home from Mongolia* (2013) – Hodder & Stoughton.
- Two of his epic journeys were the subject of two National Geographic documentaries.

### Sample assignments

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.

- Corporate Off-Site Meetings.
- Leadership Development Programmes.
- Keynote at International Conferences.
- After-Dinner Speeches.



## Sample presentation topics

As a keynote speaker for conferences and corporate events, Rob draws powerful parallels between succeeding amidst the uncertainties, pressures and opportunities of an expedition and succeeding in today's rapidly changing business environment. Depending on the client's desired outcomes, and the time available, the following themes can be covered:

- Thrive Amid Change and Uncertainty
- Cultivate Resilience
- Nurture A Growth Mindset
- Develop A Collaborative Mindset
- Improve Self-Discipline
- Understand Fears
- Increase Positivity
- Take Calculated Risks

## Rob Lilwall - Personal bio-data

- A professional speaker, inspiring people to achieve more in their professional and personal lives.
- Extended periods traveling – including the epic trips that were serialized by National Geographic magazine.
- Rob and his wife were the founding National Directors of the Hong Kong branch of the children's charity, Viva. Rob's epic walking journey from Mongolia to Hong Kong raised money for this cause.
- Graduate of Edinburgh University (Geography) and Oxford University (PGCE).
- Born and raised in England, now residing in Hong Kong.

## Client testimonials

- *His story is a great way for organizations to deliver a unique way of thinking, focusing on the growth mindset, the importance of clear goals, self-focus, reflection, perseverance, connections, risk-taking and problem-solving.* **Microsoft**
- *“Rob cleverly takes lessons from his adventures & 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**
- *“Rob spoke to an audience of 300 with fascinating impact! He's very interactive, humorous, and most of all, inspiring. Rob's talk has nicely enhanced our new behaviours - Creativity, Confidence, Collaboration. An extremely impressive session”* **Adidas**
- *“We have had many conferences and many after-dinner speakers and without doubt Rob Lilwall was one of the very best.”* **Macquarie Capital**
- *“Your talk was nothing short of inspiring. Your remarkable story brought to life our values in an external environment.”* **HSBC**

