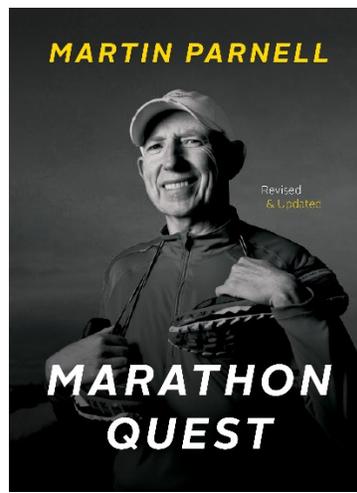




# Martin Parnell

— FINISH THE RACE ATTITUDE

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## Marathon Quest:

### Ordinary to Extraordinary – Changing Lives One Step at a Time

#### **Why this topic?**

Telling a story which will amaze and inspire, Martin will show how, through determination and persistence, one person can affect change, one step at a time. He started running at the age of 47 and has never looked back. In 2010, he achieved the remarkable goal of running 250 marathons in one year. Martin's "Marathon Quest 250" raised \$320,000 for Right To Play and he ran at 60 schools with over 12,000 students. He inspired these children to get active and help the less fortunate at home and abroad. Martin will explain how he tackled many obstacles, including injury, and the skepticism of others to achieve his dream. Martin talks about the challenges of fundraising, having no corporate sponsors and learning to deal with Global media attention.

## **Why your event?**

This presentation is sure to get your participants thinking in new ways and fired up about the challenges they face. Many of Martin's clients choose this topic because of its universal message. It makes a great opening or closing keynote and energises the participants to take action. This is a life affirming presentation that shows that it's never too late to make a change, too take a positive step even in the face of adversity and make a difference in your life and the lives of others.

## **Presentation Goal:**

To deliver as much relevant, practical content and inspiring ideas as possible but in a humorous and insightful way so the ideas stick. To show that it is not only Olympians and astronauts who can achieve incredible goals. We all can unlock our potential, one step at a time.

## **Key Messages:**

- Don't ask why, ask why not!
- You don't have to do a lot but you have to do something.
- If you want to learn something new then get help.
- Age is just a number, not a barrier.
- Look after yourself, look after one another.
- How do you eat an Elephant, one piece at a time.
- Step outside of your comfort zone to discover what's possible.
- Not everyone will support the change. Find allies for the journey.
- Celebrate the successes along the way and share with others.
- Use humour to help you through the darkest times.
- Sport is a great equalizer. It doesn't matter your age, gender, culture or religion.
- Those who get the most out of life, give the most.
- Children are the future, we cannot let them down.
- We can all make a difference, one step at a time.
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**Added Value:** The client will have the opportunity to:

- Stage a book signing.
- Receive copies of Martin's books for door prizes.
- Offer delegates the opportunity to participate in a 30 minute walk session with Martin on the morning of the event.

## **Martin Parnell Enterprises Inc.**

To learn more about Martin, visit his website

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