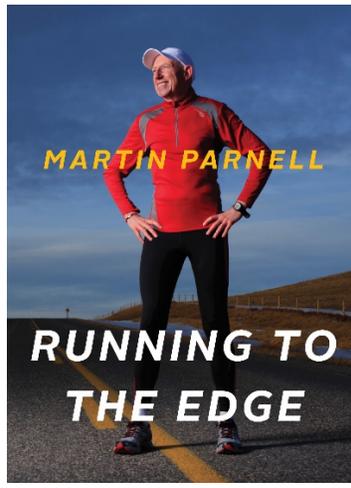




Martin Parnell

FINISH THE RACE ATTITUDE



Running to the Edge:

Life is a Relay and it's Time to Pass the Baton

Why this topic?

Martin's efforts to help others will take you on a journey to Benin in West Africa, Mto wa Mbu in Tanzania and Bamyán in Afghanistan. Whether it's participating in play based programs with African school children, building a playground for a Tanzanian village kindergarten class, or running with girls in the foothills of the Hindu Kush Mountains in Afghanistan, Martin's story will show the power of giving. Martin compares life to a relay race. The audience is taken from exploding out of the blocks, the moment when you find your passion. Hitting your stride is the journey you take and passing the baton is reaching out to someone and helping them on their journey.

Why your event?

The content of this keynote is based on Martin's powerful TEDx talk: Life is a Relay. This was the reaction from one viewer: *What a great TEDx talk! Your baton is going to reach hundreds of thousands of people, if not millions and your story will impact many to share their wisdom, vision and experience with others. I've never heard of you yet a client of mine shared your talk with me this morning and thanked me for sharing my "baton" with them. I in turn watched your talk and have shared it with my community. Such an inspiring and positive message and so timely given the tragic events that have recently happened in Edmonton and Vegas. Lisa Larter, Money Mindset and Marketing.* This presentation will resonate with audience members who want to make a difference by giving back in their personal and business lives.

Presentation Goal:

To help individuals and businesses separate themselves from the crowd and leave a positive legacy. Employees will recognize that by helping themselves and helping others they increase their own capacity and build a stronger more successful company.

Key Messages:

- It's never too late to find your passion.
- You may not know your destination but you're on the right path.
- Be open to take a chance and have a willingness to persevere.
- Like is not a marathon or a sprint, it's actually a relay.
- Reach out to someone and share your experiences.
- Accept a challenge even if you're not sure you can complete it.
- Age is just a number, don't let it stop you from stepping up.
- When you don't have the answer, get help.
- When you find your passion, you will find your path and your purpose.
- Differentiate your business from the rest, show you care.
- Find others who inspire YOU, this in turn will allow YOU to inspire others.
- Help others to achieve their goal and you will achieve yours.

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.

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