



Paula Reid - A rare mix of Adventurer, Psychologist, Business Leader

From Skiing to the South Pole to Yacht Racing round-the-world, Paula Reid has learned to develop the mindset to thrive and perform in the toughest of conditions. She draws on her extreme adventuring experience, business acumen and Masters in Positive Psychology to help individuals and organisations survive and thrive in challenging conditions, to manage fear and risk, and to 'go Knowingly into the Unknown'[™].

About this speaker

Paula's 120 adventures to date include becoming the 3rd British woman to ski the 1000 km trek to the South Pole. So far only 300 people have successfully completed this journey through remote, freezing terrain. Prior to this, with no previous sailing experience, she was a core crew member of the Global Challenge World's Toughest Yacht Race, racing 35,000 miles the 'wrong way' around the world. The race lasted for ten months, including 187 days at sea; 75 of which were spent in the notoriously freezing and dangerous Southern Ocean. In a ground-breaking expedition she paddled 600 miles down the Mekong in a dugout canoe which she bought off a tribal chief in rural Cambodia. She has also cycled across 17 countries and volunteers in Ukraine. In September she cycled across Ukraine for www.hopefull.org.uk

*In business she has spent 30 years working with leaders and organisations including Barclays, GSK, PaloAlto, and the M.O.D. In 2018 she founded Adventure Psychology, a performance and well-being business providing programmes that teach the *mindset of adventuring, building flexibility, overcoming adversity, managing change, risk taking, resilience and enduring performance.**

Adventure Psychology provides the tools, strategies and mindset to anticipate, and then lead and perform in challenging and uncertain conditions, in context and under pressure. We can't predict the future, but we can prepare for it so that leaders and their teams can go Knowingly into the Unknown[™].

Paula is the author of five books including the academic research book: *Adventure Psychology : Going Knowingly into the Unknown*. She's a speaker and executive coach, delivers workshops and retreats, and takes groups of CEOs wild swimming!

Paula is a fellow of the Royal Geographical Society and has presented the Gold Duke of Edinburgh Award at St James Palace.

Find her here:

www.paulareid.com

www.adventure-psychology.com

<https://www.linkedin.com/in/thepaulareid/>

<https://www.youtube.com/@ThePaulaReid>

[Insta: @ThePaulaReid](https://www.instagram.com/ThePaulaReid)



Suggested Topics

1. Adventure Psychology: Going Knowingly into the Unknown

- How to survive, cope and thrive in challenging times
- Build resilience
- Cope with Uncertainty
- Deal with Adversity
- Success, Failure and Quitting
- Managing Risk and Fear

Outcomes: Strategies, models, tips and tools in how to deal with challenge & uncertainty

2. Ski Full Distance to the South Pole

- Inspiration, Resilience, Achieving Goals, Courage.

Outcomes: Enduring performance with mental strength

3. Sailing round-the-world – Boat to Boardroom

- Teamwork, Leadership, Crisis, Motivation.

Outcomes: Teamwork, performance and leadership under pressure

4. Cycling across Ukraine

- Inspiration, Daring Greatly, risk management, hero's journey.

Outcomes: Courage & commitment to action, empowerment

Some Testimonials

Paula is onto something big here with her Adventure Psychology. The will to succeed and endure is key to performance. (Sir Ranulph Fiennes)

Over the space of eight hours you challenged The What If? Forum as never before and took us to places we'd never dreamt of visiting. And all in such an easy going, totally engaging and completely non-threatening way. It was pure magic and blew everyone away, thank you. (WhatIf? Forum)

Paula Reid deftly wove in her own amazing adventures with a deeper understanding of the psychology within them and the life-enhancing results. (Scientific Exploration Society)

She was brilliant! Very well received by everyone and a truly inspirational lady. She also pitched at just the right level for our group. (North Air)

An accomplished and inspiring speaker on leadership. The personification of #thisgirlcan (Wellington College)

Paula is great! She's interesting, full of humor yet serious and knows how to connect & relate her personal story to business insights. (Tiny Love)

She is hugely inspirational but also truly grounded (Red Thread)

They were raving about you. They loved the seminar, the way you interacted with the audience, and the message that you delivered. (Bahrain empowerment)