**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.

Topics

Paula has three (flexible) key talks:

1. **Adventure Psychology: Going Knowingly into the Unknown**

* How to survive, cope and thrive in challenging times
* How to deal with uncertainty and adversity
* Increased flexibility, resilience and endurance
* Success, Failure and Quitting
* Managing Risk and Fear
* Optimal functioning and flourishing

*Outcomes*:

Mindset, strategies, stories, tips and tools in how to deal with challenge & uncertainty

1. **Ski Full Distance to the South Pole**

Inspiration, Resilience, Achieving Goals, Courage.

*Outcomes*:

Enduring performance with mental strength

1. **Sailing round-the-world – Boat to Boardroom**

Teamwork, Leadership, Crisis, Motivation.

*Outcomes*:

How to perform and lead under pressure

*“Paula is onto something big here with her Adventure Psychology. The will to succeed and endure is key to performance.”*

**Sir Ranulph Fiennes**