

# Seb Terry

## Unlock Limitless Possibility

Please contact a GDA agent for information.

### Topics

- Corporate Culture & Governance
- Goal Setting
- Inspiration / Achievement
- Motivation
- Peak Performance
- Personal Growth

### About Seb Terry

Based in Venice, California, Seb Terry is a cheeky Australian whose passion for life is not only evident through his famed bucket list journey, but is powerfully unleashed onto stages with every keynote that he performs.

Shocked by the death of a close friend in his mid-twenties, Sebastian experienced a moment in his life where he asked himself a simple question; 'Am I happy?'. The answer was NO, and so, he created a list of 100things that he hoped would bring him closer to a sense of happiness, if not purpose, in life. Dropping everything, Seb has been chasing down the goals on his list and teaching others how to do the same for over 15 years.

From Marrying a Stranger in Vegas (Goal #2) and Delivering a Baby (#23), to Living on a Deserted Island for 1 week (#63) and Helping a Stranger by helping a quadriplegic man complete a half marathon by pushing him (#26), Sebastian's story has been turned into a best selling book, his own reality show and a renowned keynote that has inspired millions of people around the world.

As an expert in, peak performance, creating environments for success and personal transformation, author and TV host Seb Terry's incredible 16-year bucket list journey, and his commitment to helping others achieve their wildest dreams, have allowed him to share his message and frameworks with many of the world's biggest organizations including Google, Berkshire Hathaway, Bank of America and McKesson, and countless others. Along the way his story has also been turned into books, reality shows and is constantly featured by ESPN and Discovery Channel, to name a few.

Often noted as the highlight of any conference he presents at, Seb's keynote is an experience that will make you audience laugh, think, cry and ultimately take action.

### Select Keynotes

- **Unlocking Passion, Performance and Transformation**

*From disengaged and stagnant, to purpose-driven and fully-activated, Seb's*

*Performance and Transformation keynote will unlock peak performance,*

*deep connection and purpose-driven collaboration in your individuals and teams.*

*Sharing his inspiring personal story as well as his framework to help Unlock*

*Limitless Possibility, Seb's profound and interactive keynote will create an*

*environment for success and transformation through arming people with not*

*only the agility to adapt to change, but the bravery to create, through re-imaging what's possible.*

### Audience Takeaways



*Passion as a driving force for personal & professional performance*

*? Passion as a driving force for performance*

*? Linking individual values to company purpose*

*? Creating environments for change, growth and evolution*

*? Strong alone. Better together: collaboration and community*

*? Holistic goal setting to unlock transformation*

- **Mental Health: Building an Unstoppable Mindset**

*What if we truly believed that anything was possible?*

*Mental health is pivotal to all human development, informing our performance, our mindset and our ability to connect with others.*

*With rates of anxiety, depression and even suicide rising in 2024, Seb's Mental*

*Health: Building an Unstoppable Mindset keynote unpacks mental health*

*through vulnerable story-telling and a dynamic framework to facilitate holistic*

*life balance, peak performance and the ability to work in harmony in and out of the workplace.*

**Audience Takeaways**

*? Self awareness as a foundation for growth*

*? Emotional regulation through adversity and change*

*? The 5 pillars to holistic mental health*

*? Linking passion to purpose*

*? Cultivating community & conversation*

*? Building resilience, optimism and agility*

- **Inspiring Purpose-Driven Leadership**

*Give people tools and they will survive. Show them possibility and they will thrive.*

*Leadership is not a trophy that sits on a shelf, it's a model that unlocks the best*

*in others. In his Leadership of Teams Starts with Leadership of Self keynote,*

*Seb Terry shares insight into the journey of authentic leadership, scaling agency and inspiring the best in those around us.*

*Complimented with frameworks that promote opportunity, inclusion and*

*connection, this keynote will create productive environments for quicker decisions, collaborative advantage and unified work efforts.*

**Audience Takeaways**

*? Self awareness and acceptance*

*? Leading others through example*

*? Accountability as a leadership tool*

*? Cultivating purpose-driven leadership in others*

*? Scaling leadership in 3-Steps*

? The cycle of developing leadership in others

## • Cultivating Company Culture & Connection

*In this time of Hybrid workforces, disconnected employees and industry disruption, the importance of healthy company culture has never been more pivotal to performance and longevity. More specifically, the ability of leaders to create a culture that instills a sense of agency, belonging and connection is now paramount to cultivating collaboration and growth.*

*Through his inspirational Passion Effect message, Seb Terry explores the most effective way to cultivate thriving workplace culture through his 3-step framework that creates a ripple effect that ignites trust, deepens connection and promotes a winning culture*

### Audience Takeaways

? Setting the container for connection

? Leveraging values as the framework for action

? Creating purpose in the workplace: linking passion to vision

? Building a we-win, I-win culture

? Cultivating inclusive company culture through goal setting

? Group accountability to deepen trust & drive results

## Select Book Titles

- **2012:** 100 Things: What's On Your List

## Select Articles

- [Forbes Feature: Sebastian Terry and 100things: Corporate Wellness Programming](#)

Based off his own journey of 100things, Sebastian Terry and his business partner Todd Duncan, created an 8-Step Wellness Program that is taking the corporate world by storm!

## Select Testimonials

"It's only every once in a while I feel so strongly about a speaker that I want to recommend them... and this is one of those times. Our members can be a tough audience to please. Between finding someone they haven't already seen, a topic they haven't already heard, not 'ruffling any feathers', or just simply not providing anything of interest to our members or not adding value, it can be tough! Hiring Sebastian we definitely went a little outside the box for our group... and, admittedly, I held my breath up until he was a couple of minutes into his presentation..... and..... They LOVED him!! Our members and our CEO are pretty conservative, so check him out and you will see what I mean. I thought the fact that he doesn't wear shoes, alone, was going to potentially end my job, but..... Nope! Not. At. All. He was interesting and HILARIOUS! And SUPER nice! After his presentation, our members lined up to meet him and take photos with him... and this almost never happens. Once I was able to exhale, I thought, "If nothing else, he is funny - it's like being at a comedy show" (and not cheesy AT ALL)... but he was actually more than that.. and has a great message. Annnnd.... His fee was more than reasonable! So, what I'm saying is... Book him! You won't be disappointed!"

— Anne Nevel, Senior Director, Industry Education

"Event attendees can often feel 'power pointed to death' after a 3 day conference. Having Sebastian as our keynote speaker was more than just another presentation. Aside from inspiring our attendees within their personal lives through his stories, advice and acts of kindness, Sebastian taught us all how to take words of wisdom and turn them into actionable items to tie into our business, relationships with colleagues and to approach every opportunity with a different perspective."

— Ingram Micro

"I've produced more than 300 corporate events and Sebastian Terry was recommended to me by an industry colleague as having an amazing presentation. A great event is predicated on deep storytelling and I initially booked Seb for just three events. 10 minutes into event one, I knew I would want to schedule him everywhere I could. His powerful message speaks to every audience message and imparts the indelible drive of the human spirit. It's bloody good. I've scheduled speakers who are good, bad, entertaining, raw, insightful and just about every other trait you can think of. Seb is one of the best I've seen. Just book him, you won't regret it"

— *Malcolm Quinn, General Manager*

"He was inspiring and funny -extremely helpful." "I was so inspired by Sebastian's stories." "The best session of them all. This will definitely help people grow both personally and professionally. wish you bring in more inspiring stories like this to us." "This was an amazing talk!" "Very inspiring, engaging and relative. Thank you" "Sebastian was a very motivating speaker. Hoping to overcome some of my fears and be as brave as him." "A perfect opening session for the start of a new year." "Funny, heartwarming and inspirational!" "I almost didn't attend but so glad i did! Sebastian's stories where so inspiring!!" "I need to make sure this stays in the front of my mind, these motivations people are very inspiring, this was one of the best sessions so far." "Wonderful attitude, such an inspiration! Sebastien kept me engaged and wanting to know more!" "What an amazing experience. The motivation I feel after only 60 mins is striking. Thank you for the opportunity to challenge myself to find my list." "Seb's enthusiasm was contagious. I enjoyed the topic and the overall presentation. Fantastic!"

— *McKesson: Employees*

"Seb Terry is an incredibly inspirational guy who has done extraordinary things with his life. His stories, philosophies, tools and processes will unleash anyone's ability to put aside procrastination and prioritize what's truly important to them in living a happier and healthier life. Time with Seb is a gift and one my whole team and I will forever be grateful for – it's nothing short of life changing."

— *Nick Drake - Global CMO*

"Sebastian was absolutely phenomenal and had our audience in both laughter and tears. He inspired so many people and has changed the mindset and outlook on life for many of our employees"

— *NRMA Australia*

Hey Seb.THANK YOU for your session at our Sales Kick Off yesterday. The feedback was INCREDIBLE!!! The messaging was perfectly aligned to set up our 'Journey Past 100', and we already have heaps of people uploading their videos of 3 things from their list on our Veeam Tube video platform.... So the fun continues! Also thanks to Eva (\*meeting planner) for suggesting Seb! I called you with a crazy brief and you delivered. Thanks for making us look good ??

— *Veeam*