

# Roz Savage

## 2020

record-holding rower, eco-adventurer, resilience coach, environmentalist

An environmental epiphany led Roz to a radical life change, leaving an 11-year career as a management consultant to become the first woman to row solo across the Atlantic, Pacific and Indian Oceans. Through her experiences she has gained first-hand knowledge and insights into courage, resilience and personal determination. She is now a powerful advocate for unlocking potential and living a purpose-driven life. Her realisation of two profound truths are at the heart of her adventurous experience and message: 1) we are all

capable of much more than we dare to believe we are; and 2) any worthy endeavour requires an inspirational vision combined with a team committed to mastery. Roz loves sharing her insights on the power and benefits of living outside your comfort zone. Her bold teachings across both private and professional spectrums reveal the tools for success to global corporate and academic audiences. Her keynotes offer practical tools for overcoming the fear that holds us back from true engagement and fulfilment. Her central premise is that courage is

not the absence of fear, but rather feeling the fear while being sufficiently motivated to move past the fear towards success. Roz emphasises how vital it is to leap into life's great adventure, striking the right balance between caution and boldness. Combining her self-taught life skills with principles from neuroscience, psychology, leadership theory and personal development, she inspires every audience she meets.

## 5 THINGS YOU MIGHT NOT KNOW ABOUT ROZ SAVAGE

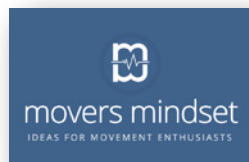
1. Currently writing her dissertation on 'integral leadership' which will complete her Doctorate in Professional Studies;
2. Appointed Member of the Order of the British Empire in the Queen's Birthday Honours for her services to fundraising and the environment;
3. Founded The Sisters, a global network of women, and women's organisations, working together to create a more peaceful and sustainable future;
4. As a Senior Fellow at Yale's Jackson Institute, Roz lectures on heroism, intellectual courage in theory and practice, motivation and purpose, and the courageous mindset;
5. In addition to holding four Guinness World Records, Roz was awarded Adventurer of the Year and is also an Oxford-trained lawyer.



Speaker Reel: <https://youtu.be/A37c5aEo34U>

5 Million Oar Strokes: [https://youtu.be/i\\_M6eukOx3Y](https://youtu.be/i_M6eukOx3Y)

Tap into Courage: <https://youtu.be/seiYPjaSTS4>



“ Roz's story ignites teams to tap into their core potential, because at the heart of Roz's message is that ordinary people can achieve extraordinary things.

*Blanca Juti, Chief Relations Officer, Heineken*

*I've been in the radio business over thirty years and have produced countless interviews; my episode with Roz was one of the most beautiful and memorable.*

*Neva Grant, National Public Radio*

