

## Business & Motivational Speaker Solutions

### DARREN EDWARDS

Darren Edwards is a former mountaineer and Army Reservist who sustained a life-changing injury in the summer of 2016. The near-fatal climbing accident would leave Darren permanently paralysed from the chest down. With determination, grit and positivity, Darren has overcome adversity by becoming a Disabled Adventurer, Expedition Leader and Motivational Speaker.

On the 6<sup>th</sup> August 2016 Darren's life changed forever. Whilst rock climbing in North Wales, he was involved in a serious fall which would leave him with a life-changing injury. As he climbed a 120ft (36m) exposed rockface, a section of rock unexpectedly shifted below his feet, and he was sent tumbling uncontrollably towards his climbing partner below. The injury he sustained would leave him instantly paralysed from the chest down and with a severe spinal cord injury.



Lucky to survive Darren made an important and life-changing commitment to myself – he wouldn't be beaten.

Refusing to let the word disability define who he is as a person, and committed to helping challenge the perception of what those with a disability can achieve, Darren has gone on to lead a record-breaking and world first expedition (Kayak 4 Heroes), which saw him lead a team of five injured/wounded veterans in kayaking 1,400 kilometres from Land's End in Cornwall to John O' Groats in Scotland. This mammoth undertaking, which was Darren's toughest physical and emotional challenge since becoming paralysed in 2016, saw the team paddle across some of Europe's most challenging coastal waters before arriving at John O' Groats 26 days after setting off on their world first expedition.

In 2021, sadly, Darren lost his father to suicide following a battle with his mental health and Darren will be rowing the English Channel in 2022 in his memory and to raise money for mental health and suicide prevention charities in the process.

Darren will also be in 2022, aiming to become the first disabled person to complete the iconic World Marathon Challenge (seven marathons, seven days, seven continents).

### SPEAKING

Darren's personal story of overcoming adversity and building a resilient mindset is guaranteed to motivate, encourage change and inspire. Instilled with humour, down-to-earth honesty and a genuine sense for adventure and pushing the limits of his disability, Darren cares deeply about connecting with his audience and getting them to think – and act – differently.

Darren's talks are an infectious positive call to action that nothing is achieved without a resilient mindset.

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### Specialist Keynotes and Workshops:

- My Story – Strength Through Adversity
- Resilience – Lessons from the Edge
- Leadership – Lessons from the Edge
- Building a Resilient Mindset
- Overcoming Adversity
- Mental Health Matters
- Resilient Leadership
- Growth Mindset
- Pushing the Boundary of Disability
- Kayaking from Land's End to John O' Groats (Kayak 4 Heroes)

### TESTIMONIALS

*I have had the privilege of now hearing Darren speak in both a corporate and school setting. Both were pitched perfectly for the audience and delivered an inspirational message through his incredible journey of strength & resilience; demonstrating just what is possible with a positive mindset. I left the talk motivated and ready any challenge ahead! I would highly recommend Darren to any organisation. – **British Biathlon Union***

*Wow Darrens Keynote address at our recent staff Wellbeing Festival was incredibly inspiring and has helped us to rally our NHS workforce, who have gone through an incredibly challenging 18 months. I do not hesitate to recommend Darren as a keynote speaker at an event. - **NHS***