



TOPIC DESCRIPTIONS:

Julie Angus

Explorer | Scientist | Bestselling Author

Rowboat In A Hurricane: Dealing with Change and Unexpected Setbacks

Imagine surviving a hurricane with nothing more than a rowboat to shelter you. When Julie set off on a quest to become the first woman to row across the Atlantic Ocean from mainland to mainland this was not what she anticipated. But Julie soon realized that to succeed she'd not only need to deal with adversity and uncertainty, but embrace it and use it as an opportunity to grow and prosper. Julie shares techniques to deal with changing environments including altering our perception, preparing for the unexpected, assessing risks, and improving communication.

Presentation Themes: Coping with change, adaptability, communication, risk assessment, motivation, goal setting, inspiration

Office in a Rowboat: Taking Teamwork to the Extreme

Julie and her expedition partner and husband, Colin Angus, deliver an engaging and entertaining account of the five months they spent rowing across the Atlantic Ocean, focusing on strategies they used to foster teamwork. It doesn't get more stressful than living, eating, and working within the confines of a rowboat for months on end and this dynamic duo will share their strategies for fostering harmonious and productive dynamics. They dissect the essential components of effective teamwork including conflict resolution, motivation and communication.

Presentation Themes: Team building, project management, leadership, adaptability, inspiration

Rowing Across the Atlantic: Strategies to Reach Your Goals

Rowing across the Atlantic Ocean seemed impossible at times – the distance was too vast and the obstacles too great. Yet through goal setting, managing risk, perseverance and dealing with the unexpected, including two hurricanes, Julie crossed 10,000 km of open ocean. By juxtaposing the difficulties she faced to the challenges in our business and personal lives, Julie offers an insightful and entertaining perspective on how to overcome our fears, learn more about ourselves, and set goals that help us reach our ambitions.

Presentation Themes: Goal setting, inspiration, motivation, leadership