



TOPIC DESCRIPTIONS:

Colin Angus

Explorer | Author | Filmmaker

Rowboat In A Hurricane: Dealing with Change and Unexpected Setbacks

Imagine surviving a hurricane with nothing more than a rowboat to shelter you. When Colin set off on a quest to row across the Atlantic this was not what he anticipated. But Colin soon realized that to succeed he'd not only need to deal with adversity and uncertainty, but embrace it and use it as an opportunity to grow and prosper. Colin 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

Colin and his expedition partner and wife, Julie 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

Increasing Personal Potential

We are all capable of achieving more. Angus shares his strategies for increasing efficiency, maintaining motivation, and avoiding pitfalls through risk management. These lessons are presented within the entertaining and often hilarious tale of his two-year expedition circling the world by human power. By juxtaposing the difficulties he faced to the challenges in our business and personal lives, Colin offers an insightful and entertaining perspective on how to overcome our fears, learn more about ourselves, and set goals that help us reach beyond our ambitions.

Presentation Themes: Goal setting, inspiration, motivation, leadership