



# EXPLORE DISCOVER SURVIVE

TALKS & PRESENTATIONS FOR  
SCHOOLS AND COLLEGES  
ENRICHMENT LESSONS, SPEECH DAYS, AWARD EVENTS



**JOHN SULLIVAN**  
**EXPLORER, SURVIVALIST, INSPIRATIONAL SPEAKER**

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# "IT IS NOT THE MOUNTAIN WE CONQUER BUT OURSELVES" SIR EDMUND HILLARY

"John Sullivan and his experiences were both entertaining and extremely interesting. Highly recommended; something you are likely not to see or hear again."

**Dr Helen Clegg, the University of Northampton**

"An inspirational talk from a jungle explorer. The best that I have witnessed in over 30 years of teaching."

**Teacher, Brislington Enterprise College**



**John Sullivan**  
**Explorer, Survivalist,**  
**Inspirational Speaker**

# ADVENTURE PRESENTATIONS

John Sullivan's 'Adventure Presentations' motivates and inspires students, offering an insight into new cultures, exotic countries and exciting adventures.

John Sullivan is a former Royal Marines Commando of nine years' experience. He has operated in some of the world's most challenging environments - Jungle, Desert and Arctic. John's passion in life is to explore with a sense of purpose. Working alone, this has taken him to some of the remotest corners of the world to research and set up factual programmes for the BBC and the National Geographic Channel. He has also led numerous life-changing conservation expeditions for young people to Namibia, Belize and Borneo.

Lasting a minimum of twenty minutes these interactive and engaging presentations consist of a unique roller coaster of images, sounds and amazing tales that encourage students to follow their own dreams and achieve their potential.

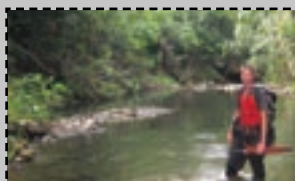
**Here are just a handful of John's talk titles -**

1. **Eating With Cannibals**  
The Making of a Documentary
2. **One Man, One Machete**  
Living with the Penan
3. **Feed the Rat**  
Living Your Dream
4. **Into the Wild**  
The Art of Survival
5. **The Island**  
Living on an Uninhabited Island



John sensitively tailors his talks for all ages - from Primary School children to students

2

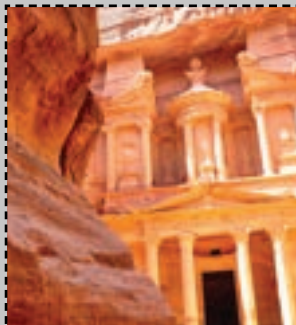


# JOHN'S MESSAGES



## How John brings his amazing experiences to bear on everyday issues in the workplace

- **Creative Thinking & Risk Taking**  
How a quick, agile mind can help us out of a challenging situation.
- **Self-Discipline & Preparation**  
How getting into the habit of carrying out small routine tasks helps avoid problems in the future.
- **Overcoming Adversity**  
There's nothing like a period of sustained tropical isolation to appreciate how 'stickability' will always see you through.
- **Leadership & Fostering Morale**  
Learning to accommodate different character types with the group – making each one feel valued.
- **Embracing Change**  
Learning how change is not to be feared but welcomed – change can be a genuine life-enhancing experience.
- **Appreciation of the Environment and Natural Resources**  
Following his experiences with the tribes of Borneo and Papua New Guinea, John has gained a unique perspective on the urgent issues facing our planet. He has unbounded admiration for the way in which remote tribes cherish each and every element of their surroundings.
- **The Courage to Be Yourself**  
John has learned how it only takes a few steps along a path of your choosing to gain a winning mentality, unbeatable confidence and self-esteem.





# IN A NUTSHELL



John is a master story-teller. He takes his audience on a journey of adventure, suspense and discovery. He brings together a wealth of personal experiences;

- **failures and successes**
- **his appreciation of research, preparation, teamwork and leadership - his ability to make hard decisions**
- **his belief and trust in the talents and abilities of others**
- **the joys of discovery and meeting new people**

John's delivery invites his audience to reflect on and evaluate their own professional and personal experiences. He helps us not to fear change or adversity, to learn that they are a part of life – that being a victim is a matter of choice.

John brings to his talks a wonderful sense of humour and imaginative use of video. Invariably, he concludes his presentation with a stunning twist, taking his audience completely by surprise, bringing them to their feet with rousing laughter and applause.



# Guest Speaker at St James Palace for the Gold Duke of Edinburgh Awards



John is a keen supporter of the Duke of Edinburgh scheme. He enjoys a close affinity with the sense of achievement that young people feel following their success.

John feels immensely proud to be asked every year to attend award presentations at St James Palace. Along with His Royal Highness Prince Philip, The Duke of Edinburgh and Prince Edward, The Earl of Wessex, he presents the Gold Awards to the successful young people.

John also feels honoured to be a regular guest speaker at this event. He gives a rousing speech, congratulating the young people on their amazing achievements. They, in turn, feel a similar sense of privilege; not only are they rewarded for their efforts by meeting members of the Royal Family, but they also get to know John Sullivan, a man whose own achievements so often mirror their own.



# TESTIMONIALS



"The presentation was truly inspiring; our students really enjoyed listening to John's experiences in the Royal Marines and his role working for TV companies in the jungle that they realised they could be just like him. By working hard, broadening their horizons, learning new skills and believing in themselves they too could achieve anything they put their heart into. An inspiring day that left an enduring impression - fantastic."

**Adrian Barber, Project Manager, Bigger Picture Arts**

"John Sullivan is a former Royal Marine, adventurer and explorer from the UK. Through a lot of persistence and hard work, he followed his passion to explore the world and pursue adventure. John focused his talk on 'Feeding the Rat'. Essentially the passion that lives inside of us needs to be fuelled whether that is sport, art, adventure, music and science. He shared the virtues that people need to do that e.g. self-belief, hard work, persistence. John is also a healthy risk taker in the challenges he undertakes, fitting in with the IB learner profile.

ISH is hopefully certain that John's motivational talk inspired students to do something extraordinary in their future."

**Head of year 10 International School of Hague. Holland.**

"I just wanted to say a big thank you to John Sullivan who came to our school to deliver a speech at our awards evening for Year 9. He did a fantastic job, his speech was an excellent balance of motivation humour and inspiration. He kept us all gripped for 20mins. Many of our 300 guests have spoken to or contacted me since to say that he was the best speaker we have had in many years."

**Caroline Bradshaw, Assistant Headteacher, Gartree High School**

"This was the second time that John has spoken at the school and he was if anything even better than the first time. He has an interesting story to tell and he not only inspires by example but gives good practical advice. I would wholly recommend him as a speaker for all ages from teens to adults."

**The Ashcombe School**

"A fast paced and truly motivational talk, offering pupils inspiration to see the world and follow their dreams."

**Headington School**





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