

JOHN SULLIVAN

Resilience, Leadership & Adventure

Building Resilience, Leadership, Confidence & Aspiration Through Real-World Adventure



- Former Royal Marines Commando • Explorer
- Expedition Leader • Survival Specialist

EXTRAORDINARY EXPERIENCES

Most students will never trek through remote rainforests, live alongside indigenous communities or lead teams through challenging environments.

Yet the lessons learned from these experiences are directly relevant to education, leadership and life.

Drawing upon more than twenty years of expedition experience, John Sullivan shares inspiring real- world stories that encourage students to embrace challenge, develop resilience and recognise their own potential.

Students also gain insight into how curiosity, courage and embracing opportunities can shape future careers, life pathways and personal success.

STUDENTS DISCOVER

- Resilience under pressure
- Leadership in challenging situations
- Teamwork and communication
- Confidence and self-belief
- Problem-solving and adaptability
- The importance of stepping outside comfort zones
- How opportunities can shape future careers



Real lessons in leadership, resilience & success

THE BENEFITS

SUITABLE FOR

- ✓ Years 7–13
- ✓ PSHE
- ✓ Character Education

- ✓ Citizenship
- ✓ Careers Education
- ✓ Geography
- ✓ Duke of Edinburgh Award

- ✓ Leadership Development
- ✓ Enrichment Programmes
- ✓ Awards Evenings
- ✓ Prize Giving Ceremonies



FROM ORDINARY TEENAGER TO ROYAL MARINES COMMANDO

John's journey began as an ordinary teenager with no special advantages, simply a willingness to embrace challenge and take opportunities when they appeared.

At sixteen years old, he made the decision to join the Royal Marines and pursue one of the toughest military training programmes in the world.

Through determination, discipline and perseverance he earned the coveted Green Beret, learning first-hand that resilience is not something we are born with - it is something we build.

His story demonstrates that confidence is not something you are born with — it is something developed through challenge, perseverance and a willingness to keep moving forward.



EDUCATIONAL OUTCOMES

- ✓ Growth Mindset
- ✓ Discipline
- ✓ Overcoming Setbacks
- ✓ Commitment
- ✓ Resilience
- ✓ Self-Belief



A willingness to keep moving forward

LIVING ALONGSIDE INDIGENOUS COMMUNITIES

Deep within the rainforests of Borneo and Papua New Guinea, John lived alongside indigenous communities whose lifestyles remain largely unchanged by modern society.

Students gain a deeper understanding of cultural diversity, respect and the value of learning from different ways of life.



Broadens perspectives and encourages greater
understanding of our interconnected world

EDUCATIONAL OUTCOMES

✓ Cultural Awareness

✓ Respect

✓ Global Citizenship

✓ Communication

✓ Human Connection

✓ Broader Perspectives



BEYOND THE COMFORT ZONE

True growth begins beyond your comfort zone.

John's expeditions have taken him through remote rainforest valleys, crossed challenging river systems and entered regions few outsiders have ever visited.

These experiences reveal how preparation, leadership and teamwork become essential when facing uncertainty.

Students learn that confidence is built not by avoiding challenges, but by facing them.



Preparation, leadership and teamwork

EDUCATIONAL OUTCOMES

- ✓ Risk Management
- ✓ Leadership
- ✓ Adaptability
- ✓ Decision Making
- ✓ Confidence
- ✓ Problem Solving



LEADERSHIP IN ACTION

This wasn't simply about building a ranger station. It was about bringing together a team of strangers, overcoming setbacks and working towards a shared goal.

Leadership is not about authority.

It is about responsibility, communication and the ability to inspire others when circumstances become difficult.

While leading a conservation expedition in Belize, John coordinated an international team of young volunteers to build a permanent ranger station deep within the rainforest.

From planning and logistics to teamwork, problem-solving and overcoming setbacks, the project demonstrated how leadership is developed through action rather than title.

The completed ranger station continues to support rainforest conservation efforts today.



Leadership is not about being in charge. It's about helping people achieve something they never thought possible.

EDUCATIONAL OUTCOMES

Every plank, post and nail required teamwork, communication and problem-solving. The rainforest quickly teaches you that nobody succeeds alone.

STUDENTS LEARN

- ✓ How leaders build trust
- ✓ How teams solve problems
- ✓ How communication affects success
- ✓ How responsibility develops confidence
- ✓ How ordinary people achieve extraordinary results

EDUCATIONAL OUTCOMES

- ✓ Leadership
- ✓ Teamwork
- ✓ Responsibility
- ✓ Communication
- ✓ Problem Solving
- ✓ Decision Making
- ✓ Project Management



The greatest achievement wasn't the building itself. It was watching young people discover what they were capable of achieving together.

PURPOSE, CONSERVATION & POSITIVE IMPACT

Adventure is most meaningful when it creates positive change.

John has led conservation expeditions supporting rainforest protection and wildlife conservation projects around the world.

Students discover how ordinary people can make an extraordinary difference through commitment, teamwork and action.

They also learn how leadership and collaboration can be used to protect wildlife, preserve fragile environments and create positive change for future generations.



Ordinary people can make an extraordinary difference

EDUCATIONAL OUTCOMES

- ✓ Environmental Awareness
- ✓ Conservation
- ✓ Responsibility
- ✓ Teamwork
- ✓ Purpose
- ✓ Positive Impact



INSPIRING STUDENTS TO THINK BIGGER

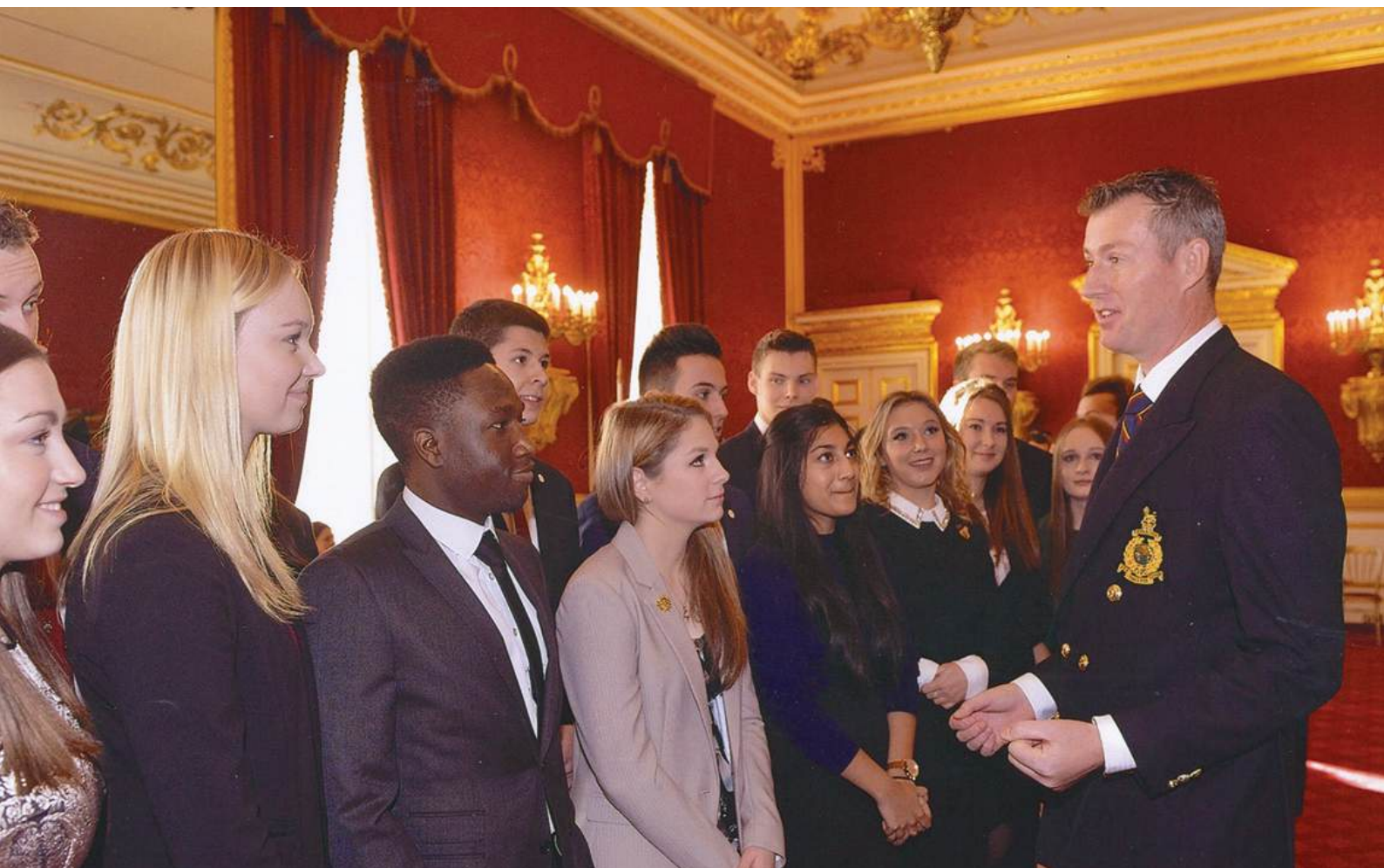
“Extraordinary futures begin when ordinary people choose to take the first step.”

Every student has the potential to achieve more than they realise.

Through powerful stories of challenge, exploration and personal growth, students leave inspired to embrace opportunity, take positive risks and pursue ambitious goals.

STUDENTS LEAVE WITH

- ✓ Greater Confidence ✓ Increased Resilience ✓ Stronger Leadership Awareness
- ✓ A Broader Global Perspective ✓ Motivation To Embrace Challenge
- ✓ Belief In Their Own Potential



Every student has the potential to achieve
more than they realise

WHAT SCHOOLS SAY

"An inspiring speaker with a remarkable story and practical lessons that resonate with all ages. Highly recommended."

The Ashcombe School

"Engaging, informative and exceptionally well received. Feedback was overwhelmingly positive."

Royal Wootton Bassett Academy

"Students left inspired to broaden their horizons, develop new skills and believe in their own potential."

Bigger Picture Arts



LEADERSHIP & ADVENTURE WORKSHOPS

TURN INSPIRATION INTO ACTION

Practical Team Challenges That Develop Leadership, Communication & Resilience

John's presentations can be combined with highly interactive Leadership & Adventure Workshops that allow students to apply the same principles of leadership, teamwork, communication and resilience explored during the presentation.

Designed specifically for secondary school students, these engaging practical sessions encourage students to think critically, collaborate effectively and develop confidence through experience.

Workshops can be delivered on school sports fields, playgrounds, indoor sports halls or other suitable school spaces, making them accessible throughout the year.

"Students don't simply hear about leadership, teamwork and resilience — they experience these qualities first-hand through practical challenges that develop communication, problem solving, confidence and collaboration."

EDUCATIONAL OUTCOMES

- ✓ Leadership Development ✓ Teamwork & Collaboration ✓ Communication Skills
- ✓ Problem Solving ✓ Resilience ✓ Confidence Building ✓ Critical Thinking ✓ Decision Making
- ✓ Personal Development ✓ Character Education

IDEAL FOR

- ✓ Enrichment Days ✓ Character Education Programmes ✓ PSHE ✓ Transition Days
- ✓ Leadership Development ✓ Careers & Aspirations Events ✓ Challenge Days
- ✓ Whole Year Group Activities



Students don't simply hear about teamwork and leadership - they experience it.

LEADERSHIP & ADVENTURE WORKSHOPS

Trust & Communication Challenge

Students must work together to navigate blindfolded teammates through a series of obstacles.

Problem Solving Challenge

Teams design and build a working water transportation system using limited resources.

Leadership Under Pressure

Students coordinate the safe evacuation of a casualty using improvised equipment.

Testimonial of Adventure Workshop

"Students were fully engaged throughout the day. The practical challenges developed communication, teamwork and confidence whilst providing a genuinely enjoyable experience."

Deputy Head, International School of The Hague



Practical challenges create memorable lessons that remain long after the day has ended.

TRUSTED BY...

• Buckingham Palace • St James's Palace • Duke of Edinburgh Award • Schools Across The UK

ALSO AVAILABLE AS A KEYNOTE SPEAKER FOR

- ✓ Awards Evenings ✓ Prize Giving Ceremonies ✓ Speech Days
- ✓ Duke of Edinburgh Presentations ✓ Student Leadership Conferences
- ✓ Careers & Aspirations Days ✓ Sixth Form Events ✓ Whole School Assemblies

AVAILABLE OPTIONS

- Inspirational Presentation
- Presentation + Half-Day Workshop
- Presentation + Full-Day Leadership Programme

SUITABLE FOR

- ✓ Character Education ✓ Leadership Development ✓ Resilience Programmes
- ✓ Personal Development ✓ PSHE ✓ Citizenship ✓ Duke of Edinburgh Award ✓ Geography
- ✓ Careers Inspiration ✓ GCSE Enrichment ✓ Sixth Form Development ✓ Challenge Days
- ✓ Enterprise & Problem Solving ✓ Outdoor Education ✓ Aspiration & Achievement

CONTACT

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Inspiring young people to embrace challenge, develop leadership, broaden their horizons and realise their potential through extraordinary real-world adventure.