

MARK POLLOCK

ADVENTURE ATHLETE | AUTHOR | MOTIVATIONAL SPEAKER

Mark Pollock gives inspiring and effective motivational presentations based on his life experiences. He is an example of innovation and resilience in action – how to pre-empt and respond positively to changing circumstances.

For the last decade, Mark Pollock has been racing in the world's harshest environments. He has survived the sub-zero temperatures of Antarctica as he raced to the South Pole over 43 days. He suffered the scorching heat of the Gobi Desert, completing six marathons in one week in "The Race of No Return". He has competed in races on the frozen Arctic Ocean at the North Pole, through the desert lowlands of the Syrian African Rift Valley to the Dead Sea and at altitude in the Himalayas."

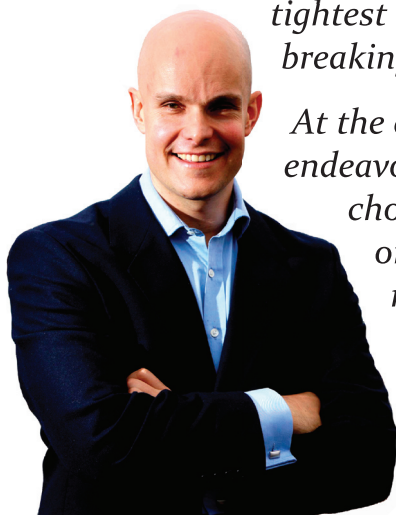
Mark has competed against professional explorers like Sir Ranulph Fiennes, Olympic gold medalists and special forces personnel. What's different about Mark's perspective on these challenges is that he competes in a world of total darkness.

For the last decade, Mark Pollock has been blind.

Mark lost his sight when his retinas detached aged just 22, at that stage a promising business and economics student at Trinity College and an international rower. A career in investment banking and life as he knew it quickly faded from view. Once over the shock of blindness, Mark was challenged to redefine his life framed by his new circumstances. He moved back to Dublin and resumed post-graduate study and rowing, winning two Commonwealth Games medals.

He now makes his living as a professional adventure athlete and as a public and motivational speaker.

"Biting cold, searing heat, sleep deprivation, dehydration and exhaustion push even the tightest of teams to breaking point."



"At the extremes of human endeavour leaders have a choice to either succeed or to fail. There is no room for indecision - it's about facts, attitude and action."

TESTIMONIALS

"Mark's quiet calm and confidence on stage really enraptured our guests. He tells an inspiring personal story that resonates superbly with a business audience yet is never contrived or over-messed".

Ben Atherton, Global Events Director, Nortel

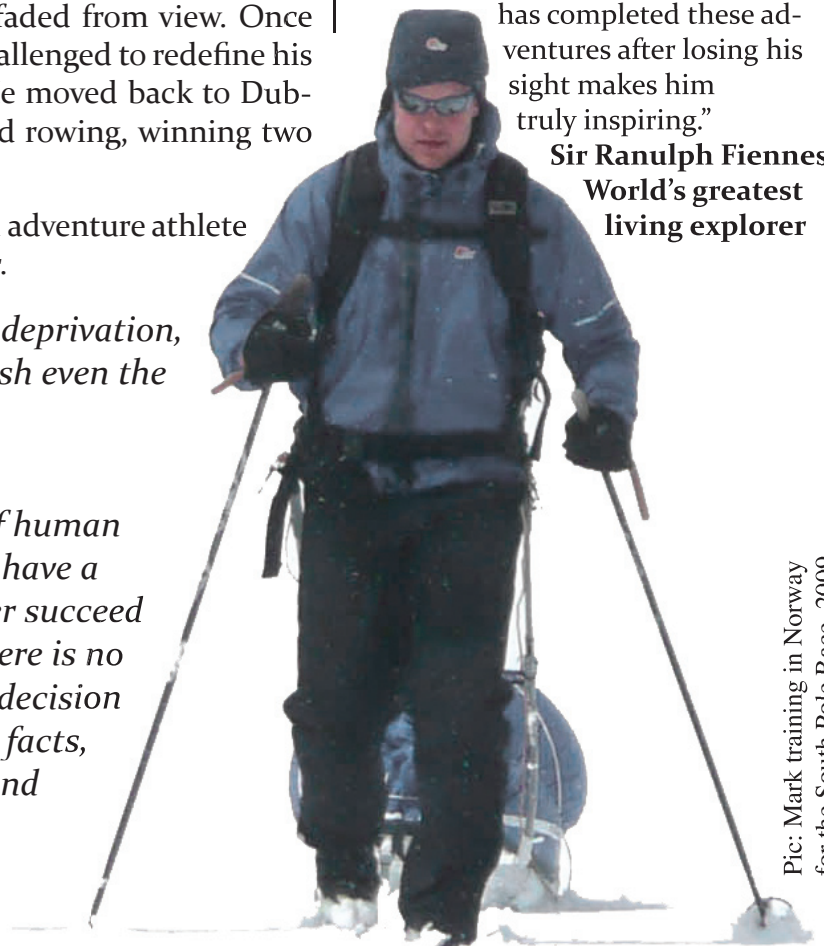
"Mark spoke at our all-staff sales conference in Austria. The impact was instant and the messages continue to affect our people. His delivery was awe-inspiring and forced us all to take a step back and consider how we face challenges and make decisions."

Andy Shaw, Sales Director, Red Bull UK

To take on endurance challenges in places like The Arctic and Gobi Desert requires great courage and mental strength. The fact that Mark

has completed these adventures after losing his sight makes him truly inspiring."

**Sir Ranulph Fiennes,
World's greatest living explorer**



Pic: Mark training in Norway for the South Pole Race, 2009.