



# Gareth Wood

**Success:** *One step at a time*



Gareth is internationally recognized as a member of the first team to trek 900 miles overland - and unsupported - to the South Pole. Acknowledged by Outside Magazine as "...one of the 10 greatest achievements of the decade" and profiled in National Geographic, Gareth was awarded the Polar Medal by Queen Elizabeth II.

Gareth leaves his audiences awe-struck and inspired, showing that the challenges his team faced clearly parallel the daily challenges we all face personally and professionally.

A Best Selling Author, International Speaker, Consultant and a Certified Situational Leadership Program Trainer, he combines his expedition experience with his professional expertise in Continuous Improvement, Leading Change, Leadership Development and Teambuilding.

A dynamic and content-rich speaker and trainer, Gareth delivers world-class keynotes and high-energy sessions that entertain, educate and inspire audiences to embrace their own SUCCESS journeys, ONE STEP AT A TIME!

"Gareth proved to be absolutely amazing. He presents his keynote in an inspiring, energizing and captivating manner. Combined with a strong message, his presentation produced an awesome result!"

AGRICORE

"... your presentation provided a powerful way for people to become more aware of how to improve their effectiveness as members of a team. Barriers have fallen away and we've had a huge jump in morale and productivity."

DOW CHEMICAL

"Definitely a 10 out of 10, a half hour longer and it would have been an 11 out of 10!"

TSI TERMINAL SYSTEMS

## Captivating, inspirational keynotes offering unique insights into personal and team performance:

Defining Goals ❄ Achieving Milestones ❄ Gaining and Sustaining Momentum ❄ Effective Leadership  
Increasing Performance ❄ Personal Resilience & Overcoming Adversity ❄ Commitment and Endurance



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