

SARAH OUTEN MBE ~ ADVENTURER, AUTHOR, SPEAKER



Sarah Outen MBE (28) was described by her sixth-form teacher as a 'Renaissance woman'. A decade on and she continues to forge her own paths with challenging expeditions by land and sea that she shares with the world.

There are records involved but they are not the reason why. For Sarah, the journey is the reward.

'The first time I met Sarah I knew she was a very special person with fire in her belly'
Dame Ellen MacArthur

Losing her father suddenly at 21 threw the world into sharp perspective for Sarah. In her eulogy at his funeral - while still a penniless student, Sarah stated her intention to row across the Indian Ocean in his memory. Three years on, one failed attempt, and a few near drownings later, she landed in Mauritius after four months alone at sea and tens of thousands raised for charities.

From that little boat came the world - Sarah had dreamed up a human-powered loop of the planet by rowing boat, bike and kayak.

Fifteen months later she paddled out under Tower Bridge in her tiny kayak bound for France and on to the world, having built a team, raised a quarter of a million pounds in sponsorship, setting in place the cogs to help make it happen. Some people talk of dreams; Sarah lives them.



That was April 1st 2011. Since then the map shows she has cycled, kayaked and rowed over half way back to London. But it is more than a map. It is a tale of endeavour, survival, chance and tenacity. Time and again the project could have folded. Time and again Sarah has got back up, dusted herself off, tamed the demons, regrouped herself and her team, rehired, re-pitched, restarted, rebuilt, reframed the goals. Sarah Outen just doesn't do giving up.

The stories are colourful and perhaps a little crazy. Of changing landscapes, curious people and warm welcomes on land, and 20 metre long whales surfacing beside her tiny boat at sea. Tales of near misses with snakes in Kazakhstan, being battered by a typhoon and run over by a super-tanker in the North Pacific, and rescued by the Japan Coast Guard miles out to sea. Of stepping off her tiny boat into the four mile deep ocean for a swim or sitting face to face with a brown bear on the beach. Tales of resolve and life at the limits - of extreme physical and mental endurance. Tales of team workings and team failings, of clashes and confidence crises. Tales of pushing on when there is nothing left to give.

A typhoon on her first Pacific rowing attempt in 2012 has been the biggest challenge: 600 miles out, and a leaking boat that was non-repairable in extreme conditions. The only choice was to call for assistance. Rescue meant safety but it also meant losing her boat. The fallout after that trauma and loss were huge and the depression floored her. But the vision kept her going. Slowly, Sarah pieced things back together - her health, her team, her project - and within nine months was back in Japan for another go.



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After proposing to her girlfriend while mid-Pacific in 2013, Sarah found herself as a role model for more than just her expeditioning. Her easy manner and willingness to share, taking the world with her through blogs and phonecasts and articles, has engaged and inspired a global audience. Travelling alone for the most part, she takes everyone with her.

With the latest phase completed in Alaska in September 2013, Sarah is currently 'Half-way home' to Tower Bridge and returns to Alaska in April 2014 to continue.

"An expeditioner second to none" ~ Sir Ranulph Fiennes

SPEAKING

From boardrooms to classrooms, Sarah inspires global audiences with tales and lessons from her expeditions. Sarah is honest and open, witty and engaging. Talks can be tailored to any brief.

POPULAR THEMES:

- * *MOTIVATION*
- * *GOAL SETTING AND REVIEW*
- * *THE PSYCHOLOGY OF SOLO*
- * *TEAM-WORKING REMOTELY*
- * *BUILDING, MANAGING AND LEADING TEAMS*
- * *INSPIRING FOLLOWERSHIP*
- * *DECISION-MAKING UNDER EXTREME PRESSURE*
- * *HAVING THE COURAGE TO FOLLOW YOUR OWN PATH*
- * *MANAGING FEAR, FACING DEMONS*
- * *EMBRACING FAILURE AND HAVING ANOTHER GO*
- * *THE ABC OF CHALLENGE*
- * *DIVERSITY – WOMEN AND LGBT*



TESTIMONIALS

'Sarah held us in the grip of her storm from the very beginning. Outstanding.' BH, Accenture

'Sarah motivates by her very presence' JH, Voyager School

'Sarah weaved our Guiding Principles into her presentation making the connection between the challenges she faced and those within our business.' DY, AB Agri

'Sarah is a witty and engaging talker... can hold any audience enthralled effortlessly.' Mark Radcliffe, BBC

'Sarah has that rare ability to hold a huge audience spellbound' CE, RSPB

RECENT CLIENTS

Accenture, Mars, Ernst & Young, Zurich New Re, AT Kearney, Endsleigh, AB Agri, TEDx, University of Oxford, Royal Geographical Society, Tokyo International School

BIOGRAPHY Sarah Outen MBE (28) is an adventurer, author and speaker. An Oxford biology graduate, she became the first woman and youngest person to row solo across the Indian Ocean in 2009. Her first book 'A Dip in the Ocean: Rowing Solo Across the Indian' (Summersdale, 2011) recounts the story. She is currently half way through her London2London expedition. Sarah blogs for the Independent and writes for various outdoors publications. Appointed MBE in 2011 and in at No 12 on the Pink List 2013 after her mid-ocean proposal to her girlfriend.

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