



Every year the death toll on Mount Everest rises, and for every ten mountaineers who make it to the top, one will die. Yet at 7.22am on May 26th 1998, Bear entered The Guinness Book of Records as the youngest, and one of only around thirty, British climbers to have successfully climbed Everest and returned alive. He was only 23 years old.

The actual ascent took Bear over ninety days of extreme weather, limited sleep and running out of oxygen deep inside the 'death zone' (above 26,000 feet). On the way down from his first reconnaissance climb, Bear was almost killed in a crevasse at 19,000 feet. The ice cracked and the ground disappeared beneath him, he was knocked unconscious and came to swinging on the end of a rope. His team-mate and that rope saved his life. The expedition was raising funds for the Rainbow Trust and Great Ormond Street Children's Hospital.

The previous year, Bear had become the youngest Briton to climb Mount Ama Dablam in the Himalayas (22,500 feet), a peak once described by Sir Edmund Hillary as unclimbable.

Prior to the Everest Expedition, Bear, also a Karate Black Belt, spent three years with the British Special Air Service (21 SAS). What makes his story even more remarkable is that during this time he suffered a free-fall parachuting accident in Africa where he broke his back in three places. After months and months of rehabilitation, focusing always on his childhood dream of Everest, he slowly became strong enough to attempt the ultimate ascent of the world's highest peak. Bear has a natural talent for communication and his speaking and TV shows has brought him worldwide acclaim. As a motivational speaker, he has addressed corporations all around the w...

## Bear Grylls

### Speech Topics

- ☐ Teambuilding
- ☐ Resilience
- ☐ Personal Growth
- ☐ Peak Performance
- ☐ Overcoming Adversity
- ☐ Motivation

