

# Speaker Biography



## **Alex Alley**

Yachtsman, Motivational Speaker,  
Trainer and Facilitator

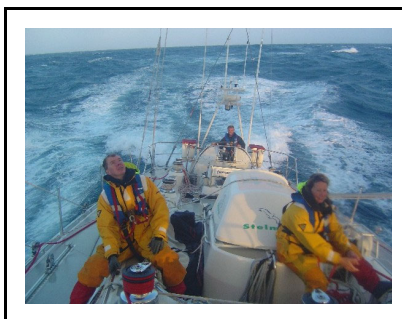
Alex is an ordinary man who has achieved extraordinary things. As a child he taught himself to sail in a small dinghy and with no formal training was soon making his boat go faster. Through persistence he managed to crew on ever bigger and faster yachts, learning all the time. His determination was rewarded when, at the age of 21, he was selected to represent England. He raced professionally with the same team for almost 2 years with great success, winning several major international events.

More recently he has returned from the Global Challenge Round the World Yacht Race, where he led his team in some of the world's most hostile environments, non-stop 24 hrs a day for up to 8 weeks at a time. Again with great success, helping his team record no fewer than four 24 hour records for the race, despite having 2 medical evacuations in the freezing Southern Ocean.

Let him take you on this incredible journey around the world. Experience the 'highest highs and the lowest lows' of the team as they battled against the odds. Using powerful video footage it's like being there with them.

He now works at imparting the passion and experience he has gained by running leadership and corporate training courses. He is also a commercial skipper and qualified sailing coach.

What Alex will give you is...



- ⇒ An amazing story, fraught with danger, trauma, leadership and people management.
- ⇒ A vital, energetic and positive boost to your organisation.
- ⇒ An insight into the lessons learnt, and how they relate to business and personal life.
- ⇒ Comparisons between sailing and business.

*"Alex has the most extraordinary leadership skills. He has an innate way of understanding what is required to motivate the team at any given moment with his unending optimism and energy. Alex has my enormous respect. I have led teams and facilitated large groups and have never seen it done better."*

**Sharon Callaghan, Manager British Airways Executive Club**

*"His presentation style is impressive, a mix of adventure stories, hardship, success, setback and the one over riding message that you should never, ever, give up. Alex was an inspiration to our team, and whatever challenges we face there was motivation and techniques to help succeed for all of us."*

**John Mobly, Managing Director, Newnet plc**

*"Alex showed a special combination of practical skills, teaching ability and above all calmness under pressure when leading his team through tough conditions. I would recommend him to anyone who is seeking an exceptional person to help develop leadership and motivational skills as well of course his undoubted ability in a sailing boat."*

**Rob Packham QPM, Consultant. Previously Deputy Director General, National Crime Squad**

*"Probably the most motivated and positive person I have met."*

**James Smith, Supply Chain Integration Project Manager, Unilever UK Foods**

**Book him to re-energise and re-motivate your team. It's what he does best.**

### **Contact Details**

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There is only one thing stopping you achieving your goals, that one thing is yourself. If you are determined enough to succeed, then you will.