



Rona Cant is an international keynote speaker, adventurer and author



For the last five years, across three continents, Rona has been motivating businesses and individuals to get out of their comfort zone and reach their potential. Once an unexceptional, middle-aged single parent she has taken part in the BT Global Challenge Round the World Yacht Race (the toughest yacht race in the world); two days later she embarked on the West Coast Trail on Vancouver Island (one of the world's toughest trails), encountering bears and cougars. Rona helped organise and took part in The Nordkapp Expedition, dog-sledding in the Arctic Circle 600k to the northernmost tip of Europe, a trail thought to be impossible. Rona's compelling and memorable stories will captivate her audience and help them to overcome the fear of failure and see challenges and change as opportunities.

Full of energy and excitement, Rona's enthralling and entertaining presentations provide a template for businesses to overcome the challenges of an increasingly fast-paced world. She has the ability to inspire and motivate others to fulfil their potential and achieve their goals; whilst her down-to-earth true grit, infectious enthusiasm and humour generate a communication style that is quite inimitable. Read more about Rona at www.ronacant.com

PRESENTATIONS

Steering the Right Course – the story of the BT Global Challenge Round the World Yacht Race (the world's toughest yacht race)

Rona's personal inspiring story of adventure links the challenges of sailing the wrong way round the world with those in the business environment. You will learn about leadership, team building, success out of failure, and she will share effective winning strategies to put you and your organisation on course to become outstanding.

Just Do It! Overcoming obstacles and becoming the best you can be

Changing your life from being an unexceptional single mother and PA to becoming a renowned world adventurer, professional speaker and author is – unsurprisingly – a journey beset by challenges and obstacles. Here Rona tells the unique, uplifting and hugely inspiring story of how she overcame her own self-doubts and fears, physical hardship, emotional turmoil and, at times, sheer exhaustion to become the inspirational success story she is today.

Rona will share with you how you can achieve your goals, build your support team, stay focused, and by your belief and attitude become the best you can be.

Sledding the Trail to Success – The Nordkapp Expedition – stepping outside your comfort zone to find what really matters

They said it couldn't be done! Rona will share the enthralling story of how three nationalities from three different disciplines and three different cultures came together to conquer a trail that had never been done before and which was thought to be impossible. Rona shares key issues from the experience that co-relate with team-building and the business environment today. She will show you how to step outside your comfort zone, the importance of planning, the highs and lows of challenge and change in order to achieve your potential.

Rona's presentations are dramatically illustrated with images and video clips from her expeditions, and each can be tailored to convey specific business messages. Rona also provides workshops on overcoming challenges and obstacles in the soft skills to stand alone or to reinforce the messages of her talk.



What people say about Rona's presentations –

"The audience were quite captivated by your talk and the relevance that they could make with their own businesses was thought-provoking. It's quite refreshing to know I can work with someone I can trust."

Julia Watson, Managing Director, W17Ltd

"The feedback we received was excellent. I look forward to working with you again in the future"

Dalice Trost, Conference Director, IIR FINANCE LTD – DUBAI

"A remarkable woman, it was an inspiration to hear her speak." "I take on the gems of leadership and managerial courage from this. Superb! In this format it was extremely powerful."

Area Managers, SAVE THE CHILDREN

"Fantastic speaker, inspiring", "Very good way of looking at leadership skills and the way a team should work together". **Nicola Joyce, Conference Director, IIR FINANCE LTD – UK**

AUTHOR

A Challenge Too Far? – Rona's personal account of the BT Global Challenge Round the World Yacht Race – the toughest yacht race in the world.

Snow, Sleds & Silence – the story of the Nordkapp Expedition. Awaiting publication.

CONTACT

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