

# BUILT FOR GREATNESS

Jim Rees - Keynote Speaker



What's being said about Jim.....

"I've seen hundreds of speakers who try to help their audiences achieve their potential. Jim is one of the best. His personal experiences as an extreme athlete underpin a powerful and proven approach to high performance as individuals and teams. Yet, he does not overwhelm the audience or flatter himself. The power of his message comes from a deep humility and obvious mastery of both of his message and his life. He clearly lives and believes what he preaches. Jim's message is a powerful reminder of the potential we can all aspire to. I highly recommend him."


Dr Graeme Codrington

Founder, TomorrowToday and Professional Speaker



# JIM REES

## Biography



Having completed 3 consecutive solo finishes in what is considered to be one of the toughest races on the planet - The Race Across America in 2007, 2008 & 2009 and going faster each year - Jim Rees has a deep understanding of what it takes to push beyond what most people think is possible.

Cycling just over 3,000 miles non stop from the West coast to the East coast of America; battling against sand storms, the extreme temperatures of the desert combined with the freezing conditions of the mountain passes of the Rockies & Appalachians, and dealing with hallucinations due to sleep deprivation, Jim knows about the sort of mindset a team needs to be able to perform and, crucially, sustain that performance.

Jim is no stranger to endurance races. He's competed in 10 Ironman triathlons around the world including the famous Hawaii Ironman and has represented GB in his age group in 2 world long course championships. Jim also set a new world record for 24 hours of non stop cycling on a static Watt bike at last year's London Cycle Show - cycling 448 miles.

Drawing from his personal, sporting and professional career, Jim has seen and experienced perceived impossibilities turn into reality. From this, he absolutely knows that the majority of us are barely scratching the surface of our potential, whether that's on the tennis court or in the boardroom.

Jim worked in the Pharmaceutical industry in sales and sales management for 16 years between 1984 - 2000 before he moved to Speakers Int'l selling high end solutions to the corporate marketplace. For the past 8 years Jim has been running Ripple Leadership which focuses on individual, team and organisational potential.

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