MARK GIBSON

CURIOSITY-AUDACITY-TENACITY

"A highly engaging masterclass in thinking creatively, acting boldly and persevering relentlessly"

MARK in the C.A.T. Zone

- 2,600 mile bike ride around the Great Lakes.
- 2,700 mile Tour Divide Mountain Bike Race down the Continental Divide
- 1,800 mile Pacific Coastline from Vancouver to San Diago by bicycle
- Ran 29,029 feet (the height of Mount Everest) and 62 miles on the famous Philadelphia Art Museum Steps (Rocky Steps)
- 100 mile run along the entire length of the Florida Keys from Key Largo to Key West (29 hours straight through)
- 600 mile skateboard adventure from Washington DC to Ottawa, Canada.
- 3,400 mile solo/self-supported bicycle ride across the US from Santa Cruz, CA to Ocean City, NJ
- Ran 87 miles around a 1.5 mile loop, just to see how far he could go in 24 hours
- 5,000 mile bicycle ride across Europe
- 276 mile run across Pennsylvania from Pittsburgh to Philadelphia (ten days - averaging over a marathon a day)
- 47 mile double crossing run through the Grand Canyon. Rim to rim and back again in 24 hours
- 100 km (62 miles) run around New York city
- Trekked the 200 mile Annapurna Circuit through the Nepal Himalayas
- Scuba dived the Great Barrier Reef, Australia
- Learned to surf/drown in Bali, Indonesia
- Drove a VW camper van across the US (It caught fire upon reaching Philadelphia)
- Bicycled the length of Great Britain from his hometown of Southampton, England to John O'Groats, Scotland

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The C.A.T. ZONE EXPERIENCE

In this entertaining and interactive keynote, author and speaker Mark Gibson shares with your team the **C.A.T. ZONE** mindset model he developed and uses himself to dream up outrageous goals, take decisive action and grit it out to the finish.

600 miles on skateboards

His C.A.T. ZONE process creates a focused team environment where people learn how to shake off the intimidation of thinking big and start having fun going after their most challenging and rewarding goals.

The three **C.A.T.** questions your team will ask themselves everyday...

- Are we thinking with innovative **CURIOSITY?**
- Are we acting with bold **AUDACITY?**
- Are we persisting with relentless **TENACITY?**

READY TO IGNITE YOUR TEAM'S

CURIOSITY-AUDACITY-TENACITY?

Email: mark@highbarperformance.com
Website: www.highbarperformance.com

SIGNATURE KEYNOTE PRESENTATION

Go Do Something BIG!

Corporate Events/Annual Conferences/Trade Associations/Awards Banquets

Let Mark take your audience on an entertaining journey into the world of a curiosity explorer. Using personal stories, audience interaction and fun demonstrations Mark lays out a blueprint for how anyone can go from intimidated dreamer to tenacious achiever.

Curiosity-Audacity-Tenacity

From running the 100 mile length of the Florida Keys, riding a skateboard 600 miles to Canada, riding a mountain bike 2,700 miles along the U.S. Continental Divide and much more, Mark's programs are a highly engaging masterclass in thinking creatively, acting boldly and persevering relentlessly.

In his signature keynote Mark explains the C.A.T. process of how anyone can take their wildest ideas and make them reality.

"They may not leave wanting to ride a bicycle across the US or run a double marathon across the Grand Canyon but they will definitely leave with a reignited outlook about what they do, how they do it and why they should do it bigger, bolder and better!"

USA Gymnastics · TEDx · ALMAC · AmTrust · Johnson & Johnson · Nationwide

The C.A.T. ZONE mindset performance key takeaways

- **Curious** teams that are driven by what's next instead of being anchored to what's done.
- **Audacious** action takers who consistently perform outside the restrictions of their comfort zones.
- **Tenacious** teams that share a distaste for quitting and routinely deliver outstanding results.

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Corporate Events / Annual Conferences / Trade Associations / Sales Meetings / Awards Banquets