



Adventurer & Book Author

## Bear Grylls

Bear Grylls is probably the most recognisable face of adventure on the planet. He is a former 21 SAS soldier, who went on to become one of the youngest ever climbers of Mt Everest, despite breaking his back in a free-fall accident only months earlier. From Everest he has gone on to host more extreme adventure TV shows across more global networks than anyone else in history. Bear's shows include the legendary Discovery channel show *MAN Vs WILD* and the hit show *RUNNING WILD* with Bear Grylls, now in its seventh season on National Geographic Channel. His Running Wild guests...



### Topics

- Burnout / Resilience / Mental Health
- Change Management
- Crisis Management
- Extreme Sports
- Leadership 4.0
- Lifestyle
- Motivation / Strategy
- Sustainability / Environment

### Languages

- English

### Details & contact information

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