

Sebastian Terry

Creator of 100things.com.au

Sebastian Terry is the extraordinary Australian who has become known around the world for pursuing an incredible list of '100 Things' that he wants to achieve before he dies. He is an inspirational keynote speaker, a best-selling author, TV host, & founder of the 100things movement. What began as his own personal quest has grown into 100things.com.au, a global philanthropic movement that engages a growing tribe of hundreds of thousands to not just set meaningful goals, but make them happen, all while helping others do the same. 100 Things is now at the forefront of peer-to-peer giving through its kindness platform; Kindsum.



Sebastian is an engaging, enthusiastic, entertaining and truly inspirational speaker. He's one of a kind, with a unique story that he tells in a refreshing, candid way. Since becoming a keynote speaker in Australia and overseas, which may or may not have been on his list, he has garnered rave reviews.

More about Sebastian Terry:

Driven by a passion to see others achieve, Sebastian's one-of-a-kind story has organically become a powerful catalyst for personal growth and organizational transformation.

Leveraging the power of goal setting & striving as a vehicle to maximize mental wellness, individual productivity and team engagement, Sebastian's action-based keynote integrates individual evolution with professional development.

Shocked by the death of a close friend in his mid-twenties, Sebastian experienced a moment in his life where he asked himself a simple question; 'Am I happy?'.

The answer was NO, and so, he created a list of 100things that he hoped would transform his life.

For over a decade Sebastian has been chasing down the goals on his list and teaching others how to do the same.

From marrying a stranger in Vegas (Goal #2) and delivering a baby (#23), to living on a deserted island for 1 week (#63) and even helping a quadriplegic man complete a half marathon by pushing him (#26), Sebastian's story has been turned into a best-selling book, *100 Things*, an ESPN documentary *100 things to do before you die*, and a reality TV show *100 Things* and a renowned keynote that has inspired millions of people around the world.

The impact of time and experience has helped shape Sebastian's journey from the pursuit of fun and exciting life goals to the realization that these strategies transfer to the mechanics of organizational health.

Blending masterful storytelling with processes, research and data from the field, Sebastian's keynote offers equal shots of inspiration, education, and entertainment, leaving his audience with a toolkit & mindset for ongoing growth.

Often noted as the highlight of any conference he presents at, Sebastian's keynote is an experience that will make you audience laugh, think, cry and ultimately take action.

Sebastian Terry talks about:

- Inspirational
- Motivational
- Personal Development
- Business Performance
- Culture & Leadership
- Mental Health

KEYNOTE TOPICS:

Told through the lens of his internationally acclaimed story, Sebastian has transferred his experiences and learnings into 3 equally powerful keynotes. Blending dynamic story-telling with proven processes & data-based research, Sebastian's keynotes engage, motivate and connect your employees, first to themselves and then to one another.

1. Why Wait? Using goals as a vehicle for change

In a world of constant disruption and change, it's our goals that act as our personal vehicle for evolution. Integrating every aspect of our lives, Sebastian's keynote reframes not only our perspective on what it is to realize and attain personal and professional ambition, but how to turn goals into reality in just 4 steps. In a story that has gained global attention, Sebastian shares how personal development inspires collective evolution.

Audience Takeaways:

- Maximizing performance through values-based autonomous goal setting
- Why wait? Creating your catalyst moment NOW

- The 4 steps to creating your ultimate list
- Linking personal growth and professional development
- The science of goal-striving & pursuing passion
- Putting the ACTION into your action plan
- Accountability through group connection

2. Building an Unstoppable Mindset: Mastering Mental Health

The importance of mental wellness cannot be overstated; from personal ambition and achievement to professional engagement and performance, mental health is at the heart of everything we do. Combining his own story with from-the-field data, Sebastian's keynote delivers an 8-step process with actionable steps to address personal wellness, workplace performance and community connection.

Audience Takeaways:

- Self analysis as a gateway to self discovery
- Harnessing disruption & adversity as a fuel for growth
- Outgrowing your comfort zone
- Building resilience, optimism and wellness through autonomous goal setting
- The positive psychology of goal setting, goal striving and goal attainment
- Creating frameworks for long term success
- The 3 C's: connection, conversation & community

3. Building Culture the Right Way Up: Creating A Mutually Beneficial Workplace

Company culture is key to organizational health. Combining values-driven vision, inclusive frameworks and actionable channels, Sebastian's keynote delves into the building blocks of a healthy culture, linking individual development to organizational vision.

Audience Takeaways:

- Aligning values as the framework for growth
- Cultivating purpose-driven leadership
- Building a we win, I win culture

- Fostering inclusive environments to develop talent
- Creating responsive & agile frameworks
- Developing healthy ecosystems for communication & connection

Client testimonials

“ Sebastian Terry provides the perfect mix of a thought provoking message delivered in an engaging, energetic and humorous style that will set an upbeat tone for a great event ... His tale of fulfilling 100 goals (serious and quirky) awakens a simple and effective message that is applicable and relevant to any business environment or audience. The response to Sebastian's presentations has been overwhelmingly positive. We continue to receive comments about how much his presentation is enjoyed. Without a doubt, Sebastian is one of most entertaining and popular speakers we have experienced. Sebastian, thank you for sharing your message with us. You have actively inspired our stakeholders - clients, accountants, financial advisers and staff.

- *PIS*

“ Sebastian, your presentation was uplifting, entertaining and thought-provoking. The 7am presentation could have easily been a challenging task, but you captured everyone with your energy, passion and humility. The 100 Things concept is such a refreshing topic, and one that should be shared with all! Since your talk, there's been lots of discussion around the office about what's on everyone's lists! I would happily recommend you to any group looking for an engaging, one-of-a-kind speaker.

- *Warringah Council*

“ Sebastian presented at our annual event for the highest achievers in the company. When looking for a motivation speaker, I couldn't go past Sebastian Terry's story. Not only was his story different to those on the speakers circuit at the moment, but he is such a personable character you can't help but be captivated by the enthusiasm he has for his quest and for the reasons behind doing it. It stirs that passion of wanting to achieve more in your own life. Fantastic!

- *Telstra*

“ First and foremost, thank you! Thank you so much for being such a wonderful presenter / guest speaker throughout our 2013 International Series. From filtering through our feedback forms, you've been described countless times as motivational, inspirational, thought provoking and an eye-opener. For a session with the objective of encouraging goal setting amongst our clients, this type of feedback was exactly what we were after, so we really appreciate your efforts in tailoring your story / presentation to suit our objectives.

- Suncorp

“ Thank you for your fantastic presentation at last week's Guardian Conference in Hawaii. The feedback that I have received from everyone who attended has been nothing short of outstanding. Your presentation was informative, entertaining and most of all, inspiring, and I know many people throughout the remainder of the conference kept your amazing journey in their minds and will hopefully take the time to achieve some of their own goals.

- Guardian

“ Seb Terry is an incredibly inspirational guy who has done extraordinary things with his life. His stories, philosophies, tools and processes will unleash anyone's ability to put aside procrastination and prioritize what's truly important to them in living a happier and healthier life. Time with Seb is a gift and one my whole team and I will forever be grateful for - it's nothing short of life changing.

- Global CMO - Google

“ Honestly, it was just great!

- CMO TikTok

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