

Sean Bell

Ultra-endurance Athlete, Entrepreneur and Keynote Speaker

Sean's life was forever changed when his football teammate passed away unexpectedly at 18. This experience taught Sean how precious life is and therefore the value of chasing his dreams and living life to the fullest. Running initially helped Sean cope with his grief, but it soon evolved into a passion that he could use to inspire and help others.

Sean firmly believes that our dreams give us hope for the future, especially during tough times. This is why he supports Make-A-Wish Australia with his running, helping children with critical illnesses achieve their number 1 wish.

At just 21 years old, Sean ran 50 marathons in 50 consecutive days, raising over \$30,000 for The Compassionate Friends charity. He also won The Bali Hope Ultra, an 84km race across Bali that supports disadvantaged children's access to quality education. In 2022, Sean ran 4,001km in 60 days, from Cairns to Melbourne, raising over \$100,000 for Make-A-Wish. Despite facing the devastating loss of his running coach, and business partner during his journey, Sean's resilience and determination inspired many. His efforts helped make hundreds of unique wishes come true, bringing hope and happiness to sick children and their families.

Sean is currently preparing for his next challenge in 2024, where he is attempting to set a world record by becoming the fastest person to run around Australia, a nearly 14,000km journey to raise \$1.4 million for Make-A-Wish Australia.

Sean's core belief is that we should use our talents to help and inspire others. He takes on extraordinary challenges for charity, and his keynote speeches reflect his inspiring message. Sean's presentations are a moving and transformative experience, leaving audiences feeling empowered to chase their personal and professional goals. Sean uses cinematic documentary footage to share stories from his journey, making his speeches a truly unforgettable experience.

Sean Bell talks about:

- Remaining Resilient In Tough Times
- The Importance Of A Team-First Approach



- Life Beyond The Comfort Zone
- Why You Must Enjoy The Journey
- The Best I Can Be Mindset
- Positive Self-Talk, Hard Work and Intrinsic Motivation
- Combining Passion, Purpose and Self-Belief
- Goal Setting and Sharing Your Goals

Testimonials

“ As a company that has been in business for over 25 years, we are always looking for 'a wow factor'. Sean delivered that WOW factor in spades. He was the talk of the town at CVA after he told his story.

- Tino Tabacchiera - Director, CVA Property Consultants

“ The key takeaway for our organisation is time starts now! I mean seriously, if you want to be the best you can be, start now.

- David Murrhly - Sales Manager, Checkpoint Systems

“ Sean Bell shared his formula of chasing dreams and living your best life with all of Little Real Estate and he did not miss a beat! Interactive, inspiring, relatable, honest and engaging is how I would describe his keynote. Lessons from Sean's keynote; simple yet so powerful! ☐ Do what you LOVE ☐ KNOW your Purpose ☐ Have a strong Why ☐ Focus on Effort ☐ Takes a Team to succeed.

- Kate Baxter - National Engagement & Talent Manager, Little Real Estate

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[VIDEO OF SPEAKER](#) 