

## Sean Bell

### *Ultra-endurance Athlete, Entrepreneur and Keynote Speaker*

Sean Bell has broken a world record, becoming the fastest person to circumnavigate Australia on foot. He ran 13,383km in 158 days, 14 hours and 52 minutes, averaging a double marathon (84.4km) per day. Sean broke the existing record by an astronomical 11 days and 39 minutes.

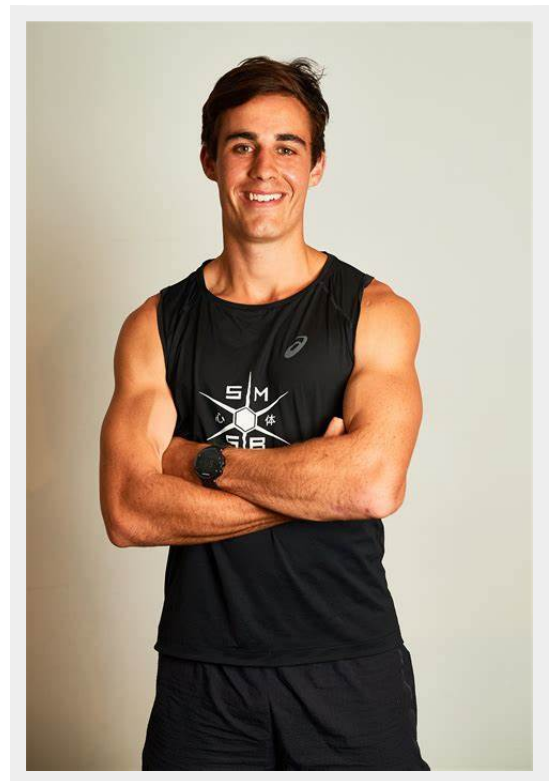
Sean is an ultra-endurance athlete, entrepreneur, and inspirational keynote speaker, whose journey is fuelled by a relentless passion to empower others to achieve their professional and personal aspirations. His story has touched countless lives, catalysing both organisational growth and personal transformation.

In 2016, Sean experienced a profound awakening when his close friend tragically passed away at just 18 years old, causing him to realise how incredibly precious life is. This heartbreaking loss ignited Sean's commitment to seize every moment and pursue his dreams wholeheartedly. Since then, he has dedicated himself to not only chasing his own aspirations but also helping others do the same.

In 2022, Sean undertook a 4,000 km run from Cairns to Melbourne as a critical rehearsal for his six-year mission to circumnavigate Australia. Despite the devastating loss of his coach and business partner early in the journey, Sean demonstrated remarkable resilience, averaging 66.68 kilometres per day over 60 days. This instilled conviction in Sean that he could not only run around Australia for charity in the future but also break the record for it in the process.

After 2 more years of relentless training alongside his full-time work, Sean's ultimate achievement came in 2024 when he broke the world record for the fastest circumnavigation of Australia on foot. Through his run around Australia and his Cairns to Melbourne run, Sean fundraised \$262,000 for Make-A-Wish Australia, helping make hundreds of sick children's wishes come true.

Sean believes that every individual has a God-given right to chase their dreams and be the best they can be. Having faced a challenging upbringing in Vermont, Victoria, Sean had every reason not to believe in himself, but he overcame significant obstacles through discipline, consistency, and an unwavering work ethic. Sean recognises that everyone encounters challenges—be it the pressures of overwhelming responsibilities or grappling with limiting beliefs instilled by others, but emphasizes the importance of taking personal accountability, asserting that true change requires a commitment to self-improvement.



Sean's keynote presentations are a blend of captivating storytelling and profound insights backed by research. Audiences are always moved to laughter, deep reflection, and action, as he imparts wisdom on embracing life's challenges and striving for personal excellence. Sean inspires, educates, and entertains, empowering his audience to confront their challenges and actively pursue their personal and professional dreams.

### **Sean Bell talks about:**

- The Best I Can Be Mindset
- The Importance Of A Team-First Approach
- Goal Setting & Sharing Your Goals
- Leaving The Comfort Zone
- Enjoying The Journey
- Remaining Resilient In Tough Times
- Hard Work & Empowering Self-Talk
- Combining Passion, Purpose & Self-Belief

### **Testimonials**

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“ 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 Murrihy - 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](#) ↗