

Brett Connellan

Surfer, Shark Attack Survivor, Story Teller

Brett Connellan knows that nothing is more powerful than a second chance at life.

Turning the worst day of your life into your best is no easy feat, but sometimes there is simply no other option. In Brett's case, this day included the moment every surfer's worst nightmare became his reality when he was attacked by a Great White Shark.



As the light was fading at Bombo Beach on the evening of 30 March 2016, Brett was inches from death. He had lost three-quarters of his left quad, and emergency responders on the scene were sure Brett would not make it. Fortunately, the cards fell in Brett's favour, and he managed to pull through with the help of a brave friend, timely emergency support and a healthy serving of luck.

The events that saved Brett's life were not lost on him, and that perspective was needed as he faced a long and challenging road to recovery. With a bleak outlook prescribed to him by doctors, it was evident that Brett's life as he knew it would never be the same.

These moments in time are pivotal in any person's life as they often lead to a questioning of purpose and identity. However, what Brett did not know at this time was that the following months were even more life-changing than just the injury itself. The recovery forced Brett to "climb a new mountain" in his words and develop a different mindset towards resilience, which helped him defy the odds to be able to walk again and eventually get back in the water and do what he loves most, surfing.

Although this may sound like the perfect end to Brett's story, it was only the beginning. Brett soon realised that the lessons he learned through his recovery could be applied to all areas of his life. This has pushed him to be the best version of himself, both personally and professionally. This new version of Brett, fuelled by purpose, drives him to use his unique and powerful story to help others make the most out of their journeys.

Brett Connellan Speaks About

- Motivation: Overcoming adversity, resilience, education
- Business: Purpose, vision, leadership and change
- Lifestyle and Wellbeing: Mental Health
- Human Survival

Common Presentations

WAVES OF RESILIENCE - *Turning the worst day of your life into the best*

Brett doesn't think he would believe the advice he'd share with a younger version of himself because he believes that there's no greater teacher than the experience itself.

Life, much like the ever-changing ocean, can throw unexpected challenges at us. It's not that everyone needs to face a shark attack to gain perspective; rather, it's about understanding how to adapt and navigate the waves of change. Resilience, that innate strength within all of us, is the anchor we can hold onto during turbulent times.

In this captivating presentation, Brett not only shares his remarkable journey of recovery after a life-altering shark attack but also equips you with the essential tools needed to conquer life's obstacles. Discover the art of adaptation and resilience as Brett draws parallels between his journey and the challenges we all encounter in an ever-changing world.

Key Takeaways:

- **Unleash Resilience:** Discover the transformative journey of resilience as Brett shares his powerful personal story of surviving a shark attack and rebuilding his life.
- **Strategies for Overcoming Challenges:** Learn practical strategies for facing adversity head-on, finding hope in the darkest moments, and emerging stronger than before.
- **Adapt and Thrive:** Explore how to harness change, turn setbacks into opportunities, and build a culture of resilience within your organisation.
- **Redefined Purpose:** Gain insights into pivoting and finding new meaning when faced with unexpected detours, inspiring you to adapt and thrive.

*Tangible action cards to kickstart attendees' resilience building strategies

*This presentation can be 45-60 minutes in length

THE SECOND CHANCE EFFECT - *Reimagining goals: Resilience and growth in action*

Discover and embrace a transformative mindset that will redefine how you approach life and all of its challenges.

Drawing inspiration from his own life-altering journey, Brett shares how a single message changed his trajectory, offering you a powerful opportunity for growth.

Through captivating storytelling and practical strategies, you'll learn how to cultivate unwavering focus, achieve peak performance, and continuously elevate your goals.

Whether you're an individual or a leader wanting to empower others. This will highlight a mindset that thrives amidst change, seizes new opportunities, and redefines what success means to you as you embark on a journey of personal transformation.

Key Takeaways:

- Dream Big, Achieve More: Discover the meaning behind a message that changed the trajectory of Brett's recovery. "People fail not from aiming too high and missing, but from aiming too low and hitting"
- Focus and Performance: Learn practical strategies for maintaining laser-sharp focus, maximising productivity, and consistently delivering high-performance results.
- Evaluate and Elevate: Gain insights into the importance of periodically evaluating your goals, adapting to change, and learning from both successes and setbacks.
- Resilience in Goal Achievement: Explore the role of resilience in pursuing your goals, turning challenges into stepping stones, and emerging stronger and more determined than ever.

*Tangible: Access to Brett's own goal-setting resources and programs

*This presentation is 45-60 minutes

HOW TO SURVIVE A SHARK ATTACK (+ OTHER CHANGE) - A workshop to promote team building, decision-making, and resilience

Sometimes, it takes extraordinary events to shed light on everyday life. Dive into an experience that will reshape how you handle life's most intense and unpredictable challenges.

With his own experience of a shark attack as a backdrop, Brett brings the group along for the ride with captivating storytelling and actionable strategies with the hopes of surviving it all again. This is a unique opportunity for personal and professional growth in a range of corporate contexts.

In this workshop, you'll dive into a simulated shark attack scenario to explore key themes of critical decision-making, leadership under pressure, and resilience. You'll learn how to harness your instinctual responses and channel them into logical, effective actions that can be applied to both high-stakes situations and everyday workplace challenges.

Key Takeaways:

- Critical Decision-Making: Understand how to balance instinct with clear thinking in high-pressure situations. Learn methods to make more informed decisions, even when time is limited.
- Leadership and Teamwork: Explore how to integrate empathy and communication into leadership roles. Discover the power of distributed leadership and how to empower your team to make decisions within their areas of expertise.
- Resilience: Develop strategies to bounce back and adapt in the face of adversity. Learn how to turn challenges into opportunities for growth and build a resilient mindset that thrives amidst change.
- Personal and Professional Growth: Apply these lessons to your own life, whether you're an individual aiming to enhance personal performance or a leader looking to inspire and empower your team.

*This presentation is 45-60 minutes

Testimonials

“ Brett's story is something everyone needs to hear. Not simply just because it is a raw and emotional story, but because it is a story that evokes a passionate and inspiring response from those that are lucky enough to be present for the experience. Instantly engaging, Brett presents his story and his learnings from his own experiences in a format that is adaptable to any setting and that would be of great benefit to any audience listening

- *Movember*

“ Brett is an excellent storyteller with a calm and composed persona. The way he presented his life experience left the audience spellbound. A few amongst the audience were able to share their experience and challenges. Brett managed those conversations very well. It was an invigorating experience for many of us

- *Blacktown City Council*

“ I'd say it is one of the most powerful, impactful engaging presentations I've seen of any form, and I've seen a few. You could hear a pin drop throughout the entire presentation. To hold and captivate a room of 350 mainly blokes on a Friday afternoon for 45 minutes? That's impressive.

- *H.I.M*

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