



# TAKE AWAY MENU

Aaron is an expert storyteller. His keynote will follow the main story so that it is understood and enjoyed by the audience, in-line with your timings. Any version with inspire and move your audience and cover basic themes of reliance, team work, mindset and performance.

## OPTION 1 – KEEP IT SIMPLE

We would like the audience to be moved and inspired so just tell us the story please.

**20 mins** – My gold medal story

**30 mins** – Plus Kilimanjaro

**50 mins** – The full package

**60 mins** – Let's add Q&A

*“It's a rare and exciting thing to meet a person who can make you rethink your approach to life”*

O2 / Telefónica UK

## OPTION 2 – SOMETHING TAILORED JUST FOR YOU

Item that can be expanded on during the course of the talk.

**Becoming an amputee aged 15** – Aaron contracted Meningitis aged 15. He was rushed into hospital and placed on life support with a 20% chance of survival. His legs and fingers had to be amputated due to Septicaemia and he spent a year in hospital.

### Key Takeaways

- How to re-envision your future when your circumstances change
- How to handle and recover from major setbacks
- How to manage your mindset every day to stay focussed and positive
- Perspective on life and our personal vulnerabilities

**Wheelchair Racing, my story into Professional sport** – Aaron Started wheelchair racing for fun which included two London Marathons.

### Key Takeaways

- Taking opportunities for your own personal development

**Wheelchair Rugby aka Murderball History lesson** – Aaron explains the origins of the brutal sport, wheelchair rugby.

### Key Takeaways

- A real life story of diversity, equity and inclusion
- Disability and equity awareness
- Disability Sports Awareness

**London 2021** – Aaron was convinced to try wheelchair rugby in 2009 and was selected for the games. He trained 10 times a week around a full-time job to be selected and even after all of this hard work, unfortunately his team placed 5th at the games.

### Key Takeaways

- How the Games were a turning point in how disability in the UK was perceived
- The UK is now a shining example of how disabled people are portrayed in the media
- What being the best in the world looks like
- Resilience: when your best isn't good enough, then what?

**Kilimanjaro** – Aaron took on a charity challenge in 2016. To become the first wheelchair user to scale Kilimanjaro unaided. When his wheelchair couldn't cope he was told that he would have to be carried. He refused and crawled on his hands and knees for 4 days to reach the summit.

### Key Takeaways

- An inspirational tale of resilience and determination
- How to not give up even in the face of adversity

**Lessons Learned between 2012 – 2020 Paralympics** – Aaron reflects on the practical changes he made between 2012 to 2020. This looks at how he as an individual and his team went from 5th in the world, to the best team on the planet in a global pandemic.

### Key Takeaways

- Sports Psychology, going from one of life's 'worriers' to being calm and composed under pressure
- Developing a Pre-Game process to cope in stressful situations
- Managing yourself in a high-pressure environment
- How to strive to be better each day

**Toyko 2021** – Content: Training during a global pandemic / Performance and pre-game processes in action / Competing without our friends and family in attendance.

### Key Takeaways

- An uplifting celebratory talk. Ideal for kick off meetings, end of year or awards ceremonies

## FINAL POINTS

How would you like your audience to feel at the end? Aaron can adjust his talk as required.

- Motivated and ready to run through a brick wall
- Thanked and valued by their organisation
- Lucky for the opportunities they have

