

KEYNOTE

Friday March 25

8:00AM

Embracing Challenges

Eric McElvenny



Eric McElvenny is a veteran of the US Marine Corps, an amputee Ironman, and a Paralympian Triathlete.

What is one hard truth that we ALL share? CHALLENGE and ADVERSITY. No one is exempt. In fact, the most successful people go a step further then experiencing it... they welcome and embrace it. Our lives are filled with challenges that don't just test us, but that promote growth morally, mentally, and physically. Our character is defined, developed, and revealed through these tests.

In this presentation, Eric shares the story of his personal growth after the traumatic experience of losing his leg. He teaches how to put your best foot forward. Easy for him...he only has one. While chaos seems to take over our busy lives, there are several habits that we can choose to implement that allow us to:

- Thrive in change
- Take ownership of our unique personal situations
- Experience continuous growth
- Shape culture and environment
- Put your best (or only) foot forward

Eric will highlight the habits that have led him from the hospital bed to his first ironman finish line and his continued quest to break the ironman world record for an amputee athlete. This presentation will entertain, but more so inspire you to reflect on these habits and begin to implement them into your own lives and work.