

ULTRAKOLARZ

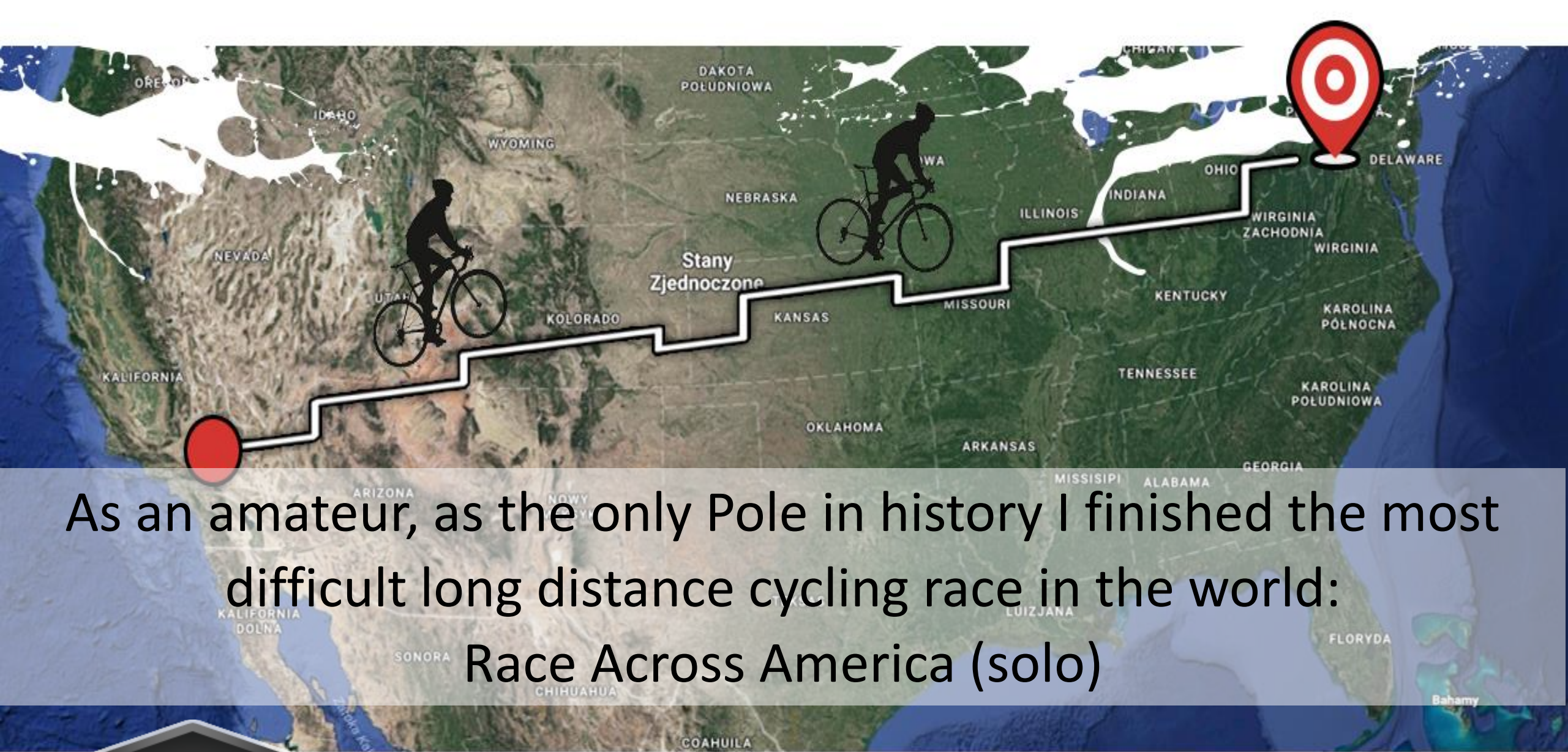
(Ultracyclist)

INSPIRATIONAL LECTURE

MEMBER OF:
ASSOCIATION OF PROFESSIONAL SPEAKERS



Stowarzyszenie
Profesjonalnych
Mówców



4800 km

12 dni non - stop

temp. 5 - 50 stopni C

Góry ponad 3000 m npm

My sports experiences and experiences
I share with business people (e.g. managers, sales representatives)
about preparations for RAAM and other challenges.
I show on my own example how to achieve above-average sport and
business goals through internal motivation and consistency.

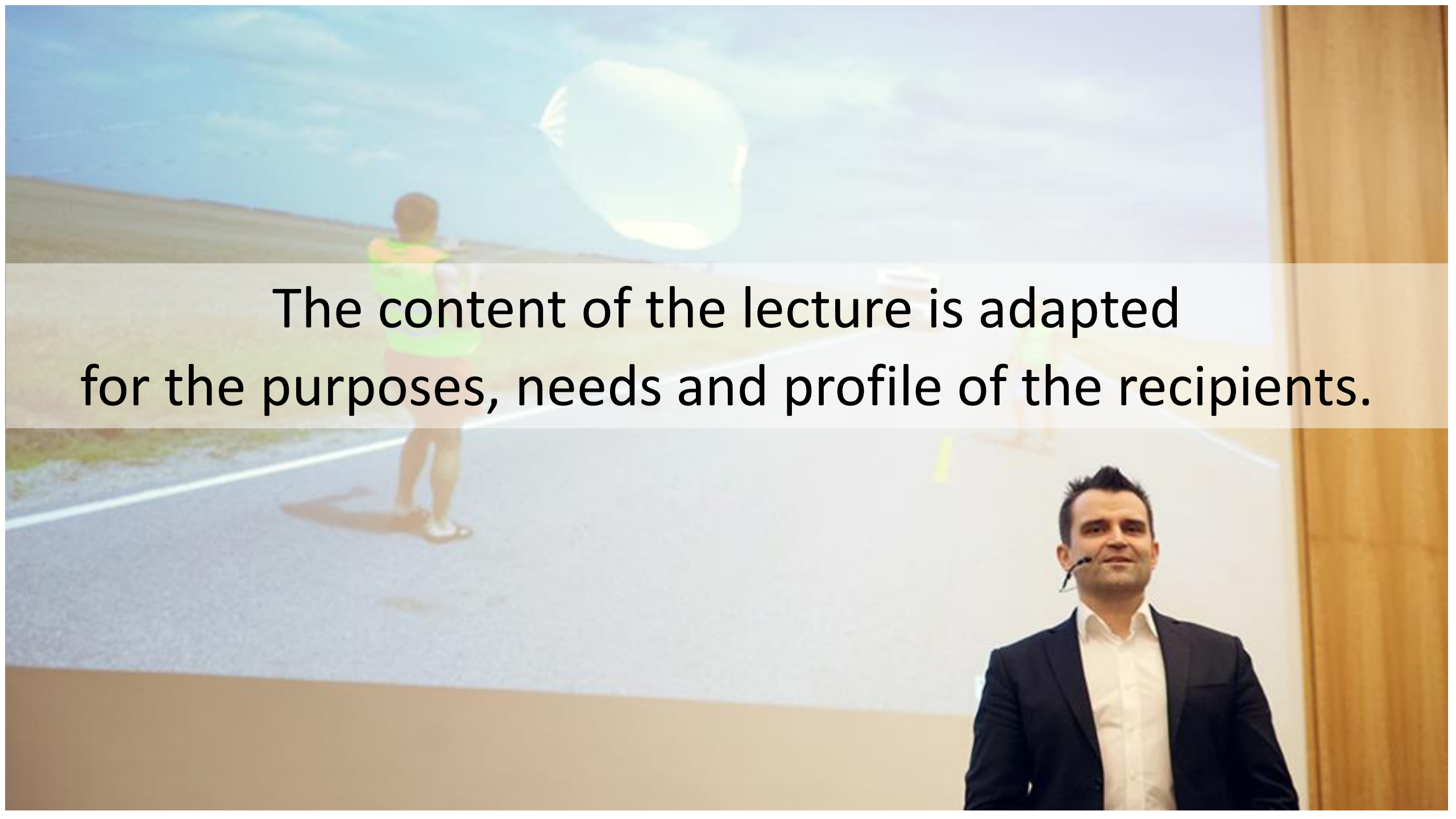


I gave dozens of lectures
for groups of 20-200 participants from companies in the industry
among others insurance, publishing and IT

8. JAK NIEMOŻLIWE ZMIENIĆ W MOŻLIWE

Foto: Jacek Turczyk/PAP



A man in a dark suit and white shirt is standing in the foreground, speaking into a small microphone. Behind him is a large projection screen displaying a scene of a person in a green vest standing on a paved road, looking up at a large, white, teardrop-shaped object floating in the sky. The scene is set against a clear blue sky with some light clouds. The man in the foreground is positioned on the right side of the frame, and the projection screen occupies the background.

The content of the lecture is adapted
for the purposes, needs and profile of the recipients.

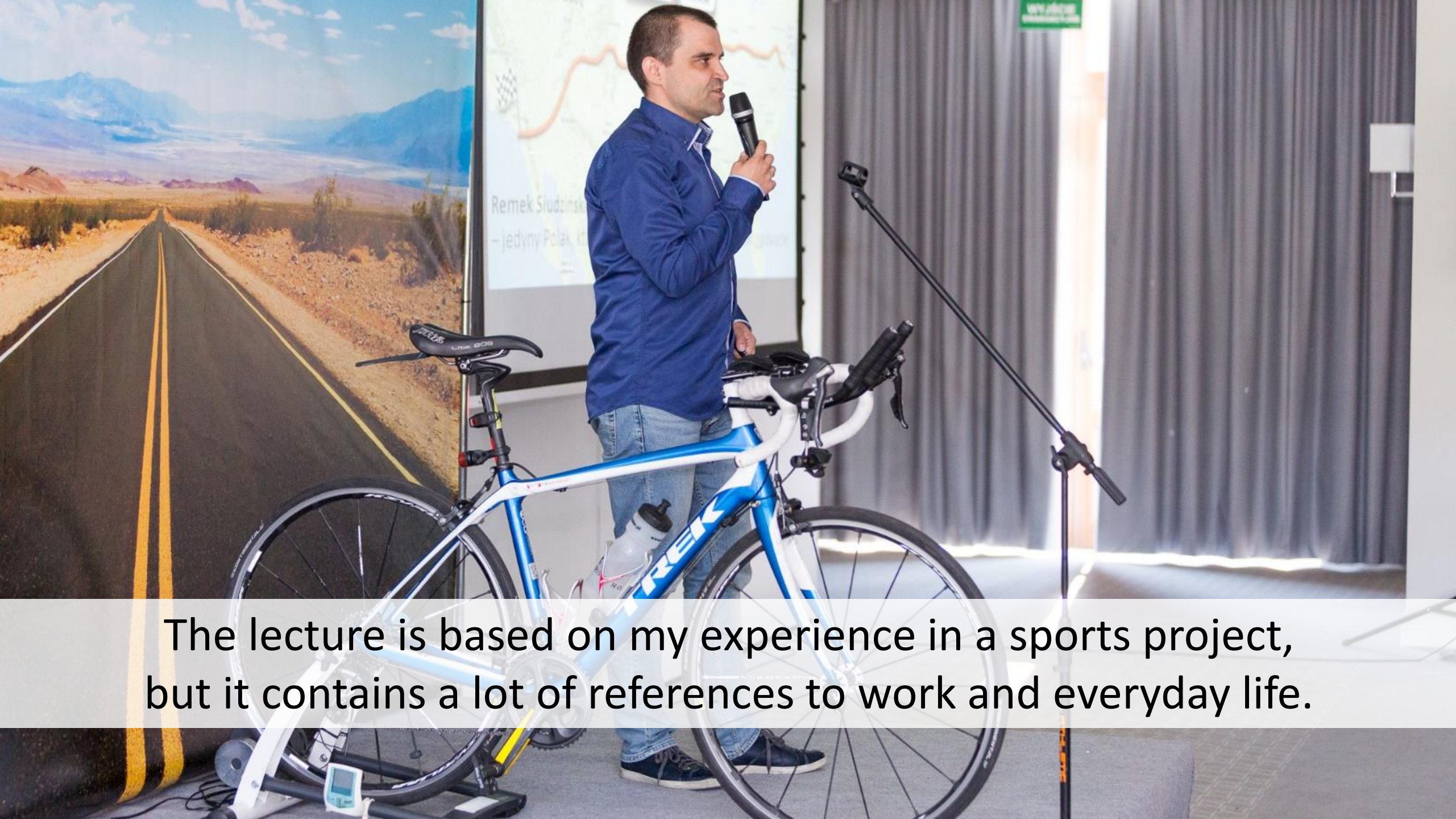
A grayscale background image showing a cyclist riding a road bike on a paved road that stretches into the distance. The cyclist is wearing a jersey and shorts. In the background, there are hills and a road sign. The overall tone is motivational and focused on long-term goals.

I usually focus on the following topics:

- ✓ internal motivation as a factor determining success
- ✓ setting ambitious goals
- ✓ planning
- ✓ how to maintain determination in pursuing a long-term goal
- ✓ dealing with adversities
- ✓ responsibility for achieving the goal
- ✓ building a team around a common goal
- ✓ **balance between work, family and passion**



Depending on the needs, the meeting involves interaction with participants: from a short joint exercise to team competition using a bicycle with a trainer (the bike I rode in the US)



The lecture is based on my experience in a sports project, but it contains a lot of references to work and everyday life.



I use dedicated coaching in preparing the presentation,
to provide a professional service.



Duration of the lecture:

50-65 min + questions + lobby conversations (no restrictions)

CONTACT

Remigiusz Siudziński (Ultrakolarz)

TELEPHON: 501-584-669

WWW: www.ultrakolarz.pl

EMAIL: remek@ultrakolarz.pl

FACEBOOK: facebook.com/ultrakolarz



Stowarzyszenie
Profesjonalnych
Mówców