



## Paula Reid

### **Adventurer & The Adventure Psychologist**

*Best described as a "Performance Catalyst"*

Paula Reid is an adventurer and round the world yachtswoman. With more than 2 decades of experience as a leader, consultant and coach, Paula believes in humanising business; making work enjoyable, energising and engaging for all involved.

#### TOPICS:

- Global Challenge
- Living Life to the Full
- Boat to Boardroom
- Adventure Psychology
- Coping with Covid
- Light at the End of the Tunnel
- Workshops: Performance; Vision, Mission, Values, Strategy; Communications; Management & Supervision; Creative Thinking

#### LANGUAGES:

She presents in English.

#### PUBLICATIONS:

- 2022** Adventure Psychology
- 2016** Live Life to the Full
- 2012** World's Most Dangerous Jobs
- 2012** 7 Racing Rules
- 2009** Boat to Boardroom

#### IN DETAIL:

Paula has learned resilience first-hand and understands how to perform enduringly in the toughest of conditions. From Skiing to the South Pole to Yacht Racing around the world, she has learned how to thrive in hugely challenging circumstances. Combining business, adventure and positive psychology expertise, and being the world's first Adventure Psychologist, Paula has created a tried-and-tested model to develop the wisdom, resilience and growth you need to thrive in these uncertain times. As a core crew member of the Global Challenge 2004-5: the "World's Toughest Yacht Race", Paula raced 35,000 miles the "wrong way" around the world, competing against 11 other 72 yachts. She experienced some huge highs and huge lows during the Global Challenge.

#### WHAT SHE OFFERS YOU:

Through her unique combination of extensive business intelligence, personal extreme expedition experience and MSc in Positive Psychology her expertise is unparalleled in being able to equip today's leaders with the tools to thrive in challenging and uncertain conditions.

#### HOW SHE PRESENTS:

Paula speaks candidly and humorously about the Global Challenge but is able to draw valuable conclusions between both personal and professional challenges that people and businesses face today.