

TERRI SCHNEIDER

Terri Schneider takes the audience on an epic adventure while inspiring each person to **EMBRACE CHALLENGES** in their own lives.



KEY SPEAKING THEMES

The Power of Team

A powerful team calls for each individual to continually raise the bar in what they can offer their team. Each team member represents a crucial brick in the foundation for the group. The true power of team is in each individual seeing challenge as opportunity—and embracing it.

The Virtues of Risk

Calculated risk taking feeds us a sense of confidence that our world of constructed comfort does not offer. Risk taking allows us to continually redefine who we are and what we offer those around us. Risk is a catalyst for growth and adaptation.

Plan Z - Adapt or Fail

The Plan Z individual efficiently adapts across a continuum of reviewing options in a situation and making effective decisions. This process is accepted as a constant dynamic in life. They see failure as an opportunity for growth. The Plan Z individual adapts to their dynamic environment.

Reach Beyond Potential

Reaching our potential is a plausible goal for us to set for ourselves. But doesn't that imply limitation? Create challenges that allow you to see beyond what you perceive as your potential. Move past summits or finish lines. Reach beyond potential.

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888-999-2828 / 415-388-0416



Terri is an extreme ultra-endurance athlete. She engages in physical, psychological, and emotional challenges that most people can only imagine. She thrives in deserts, jungles, mountains and various remote landscapes on the planet and finds comfort in the uncomfortable life lessons these places offer.

Having questioned traditional thinking and persevered through challenging team dynamics, physical duress, and intellectual and emotional hardship, Terri offers

insight into reaching beyond pre-constructed finish lines. As a top female athlete in ultra-endurance sporting events, Terri believes that the challenges we endure are the ultimate opportunities that mold us as human beings.

Through her presentations, Terri takes the audience with her as she revisits the extreme journeys of her life. She has the unique ability to tie in her athletic experiences with the everyday challenges we all face in our workplace and in our personal lives.

Known for her charismatic speaking style, Terri draws on her advanced scholarship as well as her extensive athletic experience to create dynamic, informative, and life-changing presentations. Audiences are inspired not just to reach for their goals, but to move beyond any preconceived limits or finish lines. Her eloquence and professionalism allow her to effectively communicate life-enhancing messages cleanly and clearly.

Terri will captivate your audience through her dynamic and inspirational presentations. Her unforgettable multimedia presentations and topics are customized to suit your unique conference agenda, objectives, and audience.



TERRI SCHNEIDER

ACCOMPLISHMENTS

- **7 Eco-Challenge® Expedition Competitions, the Mild Seven Outdoor Quest in China, the ESPN X-Games Adventure Race, the Raid Gauloises in Tibet and Nepal, La Ruta de los Conquistadores—“The Toughest Mountain Bike Race on the Planet”, The Coastal Challenge 7-Day Expedition Run, in Costa Rica.**
- **22 Ironman Triathlons, finishing in the top 5 three times in the Hawaii Ironman Triathlon World Championships**
- **All-American Triathlete, Triathlete of the Year, Duathlon World Champion, Named to DuPont “Gallery of Great Performers”, Swedish Long Course Champion**
- **Multiple 50 and 100 mile endurance runs including the Wasatch Front 100 and Western States 100**
- **M.A. in Sport Psychology with research in risk taking, team dynamics and team building**
- **B.S. in Exercise Physiology, Certified Fitness Specialist, Advanced Myofascial Release Therapist, Certified Massage Therapist**



CLIENT IMPACT

“Terri Schneider is a passionate speaker with the rare ability to take her incredible experiences, inconceivable to most, and draw real life parallels that will inspire anyone. She speaks from the heart, and her energy is truly contagious.”

- Devin Cole, Director of Sales, Tyson Foods, Inc.

“Terri did an excellent job in bringing together the aspects of adventure racing and working together as a team in a corporation. Her discussion on the commitment made in racing and how it relates in the workplace was just what we needed. We look forward to working with Terri in the future.”

- Bill Watkins, President and CEO Seagate Technology

“Terri is an inspiring, high-energy individual who has the unique ability to captivate her audience based on her real life experiences in adventure racing team events. She absolutely enthralled our group. I must say that in my 30 years of management experience, I was very overwhelmed by Terri Schneider’s effective ‘down to earth’ style, together with her natural ability to involve her audience.”

- Paul A. Cutright, Director, Business Operations Management Compaq Computer Corp.

“Terri has the unique ability to relate adventure racing in the world of sport to team dynamics in the corporate environment. She speaks articulately from the heart, and can inspire anyone to be the best they can be.”

- Alana Henrickson, Staffing Specialist, Hewlett-Packard Company

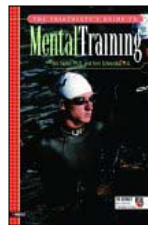
PUBLICATIONS

Co-Author:

Triathlete’s Guide to Mental Training

Contributor to:

- *Applying Sport Psychology: From Researcher and Consultant to Coach and Athlete*
- *The Thrill of Victory the Agony of My Feet: Tales from the Wild and Wonderful World of Adventure Racing*



SPEAKING ENGAGEMENTS

Wal-Mart
IBM
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Cisco Systems
Tyson Foods
Avalon Bay
West Marine
Entrepreneurs’ Organization
Active Marketing Group
Molewski Financial
Cholestech
Blue Arc
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