

# Grahak Cunningham

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## *Ultra-Distance Runner & Motivational Speaker*

Grahak Cunningham is a four time competitor and former champion of the Self-Transcendence 3100 Mile Race (4988km), the world's longest and most grueling foot race and takes place every summer in Queens, New York.

Athletes run from 6:00 am to midnight, for 51 days and run a minimum of 96.6km a day. To finish competitors must develop and utilise skills of resilience, stress management, team building and 'never giving up'.

The four races are undoubtedly the most difficult things Grahak has done yet are they are most rewarding. Grahak believes it is possible to go beyond our perceived limits - if we dare to try.

His first race as a rookie took him 50 days. His victory saw him take a week off his initial time finishing in 43 days and averaging 115 kilometres a day.



## *Grahak Cunningham Speaks About*

- Transcending Your Best: Get to Your Goals and Go Beyond Them
- Maintaining Positivity in the Work Place: How to Win in Today's Busy World
- Mental toughness: Stay On Top of Your Game
- Leadership: Driving Cultural Change
- Mental Health: Wellbeing and Stress Management in the Workplace
- Resilience: Keeping Momentum After Setbacks
- Sales Force Targets: Customer Focus for Success

## **Client testimonials**

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“ Grahak's presentation was first class and he was an inspiration to all attendees. The subject matter covered personal and business goals and he is to be highly commended.

**- The Western Australian Business Club**

“ Grahak's talk on long distance running gave our staff an insight into the way that people drive themselves to achieve difficult goals and push themselves well beyond what they may perceive as limitations. He also made it obvious that a real sense of humour is a necessary aspect of the process. Our staff particularly enjoyed the opportunity to gain such an insight, to be entertained in the way it was presented and to understand how they could apply such dedication to their own lives.

**- Lavan Legal**

“ We engaged Grahak to present his keynote presentation at our Running and Fitness Festival in 2011. It was extremely well received by both staff and athletes alike. His story is quite amazing and he presents in such a down-to-earth manner that it leaves the audience feeling that they too can accomplish incredible goals. Highly recommended.

**- Melbourne Running and Fitness Festival**

“ Grahak's talk was inspiring, funny and in many ways life changing. I don't think I have ever met anyone with so much courage, determination and focus. Nowadays, we all seem to live in a state of distraction. It's hard to focus on any one thing for a long time. But Grahak just kept on running until he conquered that enormous distance of 5,000km - further than the distance from Perth to Sydney. Everyone who listened to his story was in awe of his achievement and came away with renewed energy to take on life's challenges.

**- Bennett and Co Commercial Law**

“ I highly recommend Grahak as a motivational speaker. He was keen and prompt in his replies. He came prepared with a great presentation and video footage that was well received by the audience. Grahak is a humble, approachable and engaging person who inspires others to achieve their goals they previously may have thought impossible. His messages are valuable and inspirational to runners and non runners alike.

**- Kate Somerville, Women in Resources Champion 2011**

“ Grahak presented his story in a very constructive form and with a clear sense of inspiration. Everyone appreciated his well received presentation answering many questions from the audience. I have no hesitation in recommending him as a motivational speaker as he can inspire runners and non-runners equally with his sense of dedication and focus that we can adapt for our own goals.

**- Department of Environment and Conservation, WA**

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[VIDEO OF SPEAKER](#) 