

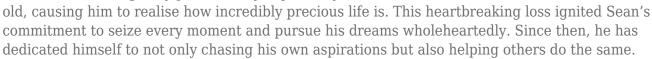
## Sean Bell

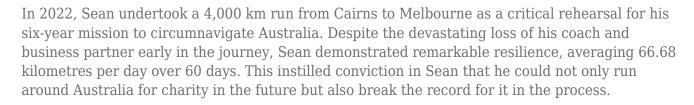
## Ultra-endurance Athlete, Entrepreneur and Keynote Speaker

Sean Bell has broken a world record, becoming the fastest person to circumnavigate Australia on foot. He ran 13,383km in 158 days, 14 hours and 52 minutes, averaging a double marathon (84.4km) per day. Sean broke the existing record by an astronomical 11 days and 39 minutes.

Sean is an ultra-endurance athlete, entrepreneur, and inspirational keynote speaker, whose journey is fuelled by a relentless passion to empower others to achieve their professional and personal aspirations. His story has touched countless lives, catalysing both organisational growth and personal transformation.

In 2016, Sean experienced a profound awakening when his close friend tragically passed away at just 18 years





After 2 more years of relentless training alongside his full-time work, Sean's ultimate achievement came in 2024 when he broke the world record for the fastest circumnavigation of Australia on foot. Through his run around Australia and his Cairns to Melbourne run, Sean fundraised \$262,000 for Make-A-Wish Australia, helping make hundreds of sick children's wishes come true.

Sean believes that every individual has a God-given right to chase their dreams and be the best they can be. Having faced a challenging upbringing in Vermont, Victoria, Sean had every reason not to believe in himself, but he overcame significant obstacles through discipline, consistency, and an unwavering work ethic. Sean recognises that everyone encounters challenges—be it the pressures of overwhelming responsibilities or grappling with limiting beliefs instilled by others, but emphasizes the importance of taking personal accountability, asserting that true change requires a commitment to self-improvement.





Sean's keynote presentations are a blend of captivating storytelling and profound insights backed by research. Audiences are always moved to laughter, deep reflection, and action, as he imparts wisdom on embracing life's challenges and striving for personal excellence. Sean inspires, educates, and entertains, empowering his audience to confront their challenges and actively pursue their personal and professional dreams.

## Sean Bell talks about:

- The Best I Can Be Mindset
- The Importance Of A Team-First Approach
- Goal Setting & Sharing Your Goals
- Leaving The Comfort Zone
- Enjoying The Journey
- Remaining Resilient In Tough Times
- Hard Work & Empowering Self-Talk
- Combining Passion, Purpose & Self-Belief

## **Testimonials**

- "As a company that has been in business for over 25 years, we are always looking for 'a wow factor'. Sean delivered that WOW factor in spades. He was the talk of the town at CVA after he told his story.
- Tino Tabacchiera Director, CVA Property Consultants
- The key takeaway for our organisation is time starts now! I mean seriously, if you want to be the best you can be, start now.
- David Murrihy Sales Manager, Checkpoint Systems
- Sean Bell shared his formula of chasing dreams and living your best life with all of Little Real Estate and he did not miss a beat! Interactive, inspiring, relatable, honest and engaging is how I would describe his keynote. Lessons from Sean's keynote; simple yet so powerful! 
  Do what you LOVE 
  KNOW your Purpose 
  Have a strong Why 
  Focus on Effort 
  Takes a Team to succeed.
- Kate Baxter National Engagement & Talent Manager, Little Real Estate

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