

Rowland McGabhann

Superb communicator and motivator

Expert communicator and physical education instructor Rowland McGabhann (pronounced McGowan) is a former Irish national and international sporting champion, stuntman and entrepreneur.

Rowland overcame a tough upbringing in post-war Dublin and a rare crippling disease that immobilised his limbs in his mid-twenties to carve out an impressive background in sports and physical fitness. Within two years of his diagnosis, Rowland defied the odds and not only taught himself to walk again, but to compete and beat his peers, while living in some of the most exotic places in the world.

Rowland McGabhann has a warm Irish charm and a natural ability to teach individuals and teams how to motivate and empower themselves to achieve peak performances at critical times. Combining the principles of martial arts and mental focus of the mind, Rowland shares how he turned his own initially difficult journey into an adventurous, exciting and high-achieving life.

Rowland inspires audiences to break through inhibiting barriers and achieve satisfying results by applying and relating mental focus and physical exercise to their personal and professional lives.

More about Rowland McGabhann:

Rowland McGabhann's many impressive sports achievements include Irish state champion boxer, Irish champion barefoot water-skier for 10 years undefeated, a top 10 ranking in Europe, holder of the European jump record and competitor in 10 successive world championships, and twenty years of martial arts experience holding a 3rd degree black belt in Tae Kwon Do.

He also performed as a stuntman on horseback and in car and fire scenes, for films and shows including *Country Dance*, *Great Escape*, *The Quiet American* and *The Danny Thomas Show*.

As well as being a qualified Physical Education Instructor Rowland has also studied biochemistry and behavioural psychology.

Today, Rowland, as a member of the National Speakers Association of Australia (NSAA) APS, delivers powerful, life-changing yet light-hearted presentations showing audiences - individuals



and teams, sporting and corporate - how to create powerful psychologies for success and achievement.

Client testimonials

“ ... thank you for your motivating and humorous presentation ... it was without doubt the perfect way to end a two-day seminar. The audience participation had them sitting on the edge of their seats, as you promised it would. I have no hesitation in recommending you for future presentations.

- PPG Industries Australia Pty Ltd

“ The results were excellent and your presentation was entertaining and highly motivational. Your unique style of interaction with the audience was fun while at the same time contained a good balance of ‘mental training’, ‘motivation’ and challenge’. The feedback from the audience was excellent.

- SA Local Government Finance Manager’s Group Seminar Committee

“ I believe the strength of the sessions was Rowland’s ability to introduce information in a non-threatening, enjoyable manner and also to structure the sessions according to his audience ... I wouldn’t hesitate to recommend the services of Rowland McGabhann.

- The Parks - Sports and Fitness Centre

“ You are simply great.

- Kevin Sheedy, Coach Essendon Football Club

“ The standing ovation from a notoriously demanding audience is testimonial enough for your talent as an inspiring speaker, simply inspirational and highly recommended.

- Nutrimeitics International

“ Comments received from members of the audience were that Rowland was inspiring, interesting and funny. People loved listening to him and would have liked him to continue for longer than we’d organized.

- City of West Torrens



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