



**Patrick Sweeney** is the son of a first generation Irish immigrant. He paid his way through college where he took up rowing. With just two years of experience, he decided to take on the world and try out for the USA Olympic team. Five years later, he finished second in the Olympic trials and won national and international championships in the process. But he could have been an Olympic Gold Medalist. After the Olympics, Patrick attended a Top 5 business school where he would earn his MBA and go on to start one of the first cloud computing companies raising almost \$30 million, winning great clients, and eventually selling the company. But the venture capitalist made most of the money.

He had the skill and more than enough will. He was held prisoner by fear. Then he almost died, and everything changed.

He bootstrapped a new company he sold for millions. He earned eight patents, published three books, started setting world records, and in 2018 won “the world’s toughest bike race”, the 3,000 mile long Race Across America. He started living the life of his dreams. He invested in dozens of start-ups from Slack to Y-Combinator and has been recognized by Presidents and rock stars for his contributions to charity and business. Once he discovered his Fear Frontier™, Patrick unlocked a level of power, performance, and happiness he never thought possible. He searched out the science behind why and how, and today his mission is to share the neuroscience of success and the power of fear with as many people as possible. You can read his story below:

“There are times in your life when you have to make a change. Those times of change become milestone moments that alter everything. You get a glimpse of what life could be if you rea...

## Testimonials

Patrick is a high-energy force of nature. Always seeking to push himself and others beyond the comfort zone to achieve breakthroughs-physically, professionally and personally. His enthusiasm and confidence is infectious-people can't help but feel inspired.

- Managing Director, Boudica Capital.

Patrick possesses qualities you don't find in one single person. His ability to show us how to translate fear into fuel and drive a culture of courage at eBay is groundbreaking.

- Chief Product Officer.

### Patrick Sweeney

#### Speech Topics

- Virtual Keynotes
- Sports
- Personal Growth
- Peak Performance
- Overcoming Adversity
- Motivation

