



Raised in Portland, Oregon, **Colin O'Brady** spent his childhood exploring the mountains of the Pacific Northwest and cultivated a passion for adventure in the outdoors. Colin was an active kid and excelled at sports, competing in both swimming and soccer. By the time he reached high school, he was nationally ranked in both sports. Ultimately, he was recruited to swim at Yale University where he graduated with a Bachelors in Economics in 2006.

The resources to travel internationally weren't there growing up, so Colin started painting houses in the summers to earn money. After college graduation and before settling into his career, he took a backpack and surfboard and set out to explore the world. In 2008, while in Thailand, Colin suffered a tragic accident and was severely burned in a fire; his injuries covered nearly 25% of his body, primarily damaging his legs and feet. Doctor's warned him he might never walk again normally. With the encouragement of his mother, Colin was determined to beat the odds. He set himself a seemingly impossible goal: to complete his first triathlon after recovery.

A mere 18-months after his accident and after extensive rehabilitation, Colin amazed the sporting world when he not only completed his first triathlon, but he placed first overall at the Chicago Triathlon. After winning his first race, sponsors took note and signed on to support his future. Colin went on to become a professional triathlete and raced in 25 countries on six continents, representing the United States in international triathlon competitions.

Six years of professional triathlon was the exact preparation Colin needed when he and his fiancée, Jenna, came up with an audacious plan. Colin would attempt to complete a prestigious mount...

## Testimonials

"In his riveting, interactive hour-long talk our audience consumed his harrowing life experiences and world record achievements that reveal important reminders for our daily lives. His presentation is packed with illuminating anecdotes, engaging and beautiful media, and elements of surprise - you'll be inspired and entertained. I can highly recommend Colin as an electrifying public speaker and encourage you to invite him to your event."

- Executive Director, Johns Hopkins Global Obesity Prevention Center.

"Beyond motivational, beyond inspiring. A deep dive into your soul, giving you the courage to achieve more in both work and personal life. In our survey, on a scale of 1-10 with 10 being the most inspiring, people actually wrote in the number 11 and circled it."

- Director of Sales & Business Dev., Standard Process.

### Colin O'Brady

### Speech Topics

- TED Talks
- Teambuilding
- Peak Performance
- Overcoming Adversity
- Motivation
- Leadership

