

Shawn Stratton “Live More Adventures”



There is an adventurer inside everyone. Join Shawn, a life-long adventurer, entrepreneur and educator, as he inspires and guides you to create more adventure in your own life.

"Shawn's knowledge, experience, philosophy, and heart make him an ideal leader and educator. He has the gift to inspire others."

- Anna Bryant

Shawn is President and Founder of LiveMore Adventures, a company that seeks to find the Adventurer in you by promoting self-discovery through life-changing experiences in breath-taking locations. Shawn experiences more adventure in one month than many people do in a lifetime and he is committed to sharing his discoveries and passion for adventure with others.

In his keynotes, Shawn shares stories, images, and logistics of his adventures with diverse audiences across North America. Shawn showcases how the journey of adding adventure into your life helps you discover new possibilities and joy in the world and within yourself!

Shawn discovered his passion for the wilderness growing up in Newfoundland's rugged and pristine environment.



Since completing a degree in Experiential Education at Dalhousie University, Shawn has devoted his life to adventure education and travel.

Shawn has worked with many outdoor education companies throughout North America and has been a Senior Instructor with the National Outdoor Leadership School (NOLS) for eight years, leading two week to three-month wilderness leadership expeditions.

Shawn has completed over 30 triathlons and has traveled extensively throughout Canada, the US, and over 20 other countries around the world including Mexico, Guatemala, Belize, India, Nepal, Ecuador, and Kenya.

"Shawn gives all of his audiences an opportunity to push the boundaries of what they know to learn something in a comfortable way."
- Alyssa Jones

Clients Include:

- Algonquin College
- Blue Ridge Mountain Sports
- Fox River Country Day School
- George Washington University
- James Madison University
- Lake Forest High School
- Laurentian University
- Longwood University
- McMaster University
- Michigan State University
- Moosejaw Mountaineering
- Mountain Equipment Coop



Keynotes

Walking on the Wild Side: Re-claiming your Untamed Nature

Taking risks and stretching comfort zones are the greatest catalysts for learning. Shawn will share several adventurous and humorous stories from his life on the "Wild Side" to inspire the audience to become perpetual students. Everyone has insecurities but they don't have to hold you back. Turn your insecurities into a golden opportunity. After this presentation, you will be inspired and empowered to take on new challenges and grow from the experiences. You will gain:

- Strength to face your insecurities
- Tools to extend your comfort zone
- Confidence to tackle your next challenge
- Inspiration to convert challenges into opportunities



Recipe for a Team that Really Cooks: The Perfect Ingredient to get your Team Cooking

(also available in half and full day workshops)

During this thought provoking and educational presentation, your team will come together under one clear mission. During this action packed session, you will gain a deeper understanding of group dynamics, interpersonal communication, and conflict resolution. These powerful techniques will take your team to the next level of performance and beyond.

- Learn valuable team-building exercises such as "The Team Recipe"
- Have your team onboard with your Mission Statement
- Set clear team goals to maintain focus for the group and confidence for teammates to follow through
- Watch your profits heat up with a winning team



Goldmine: Uncover your Hidden Talents

Living a healthy lifestyle and fully developing your talents are critical aspects to achievement that are often overlooked in our fast-paced world. This fun and interactive keynote will help participants take a snapshot of themselves, their passions, and the world around them. Focus on getting the most out of every day and discover or rediscover hidden talents that will jump-start the life you really want.

"Shawn Stratton is the consummate professional and a true role model. He was a virtual encyclopedia of games, activities, icebreakers, etc."

- Christain Meny

