

SEBASTIAN TERRY

VALUE PROPOSITION:

Sebastian works with organizations who value the wellness of their employees.

At a time where burnout, declining mental wellness and limited connection are leading to performance, engagement and culture issues, organizations are realizing that the key to maintaining organizational health is through addressing the wellness of their most valuable asset; their employees.

This is exactly where Sebastian thrives.

Drawing on his inspirational story of personal loss and the subsequent journey to find purpose in life via his list of 100 things, Sebastian is renowned for delivering action-based messaging that integrates goal setting, striving and accountability as a vehicle for personal and collective evolution.

With his 'Live Your List' philosophy turned into a best-selling book, a TV show and a game-changing corporate wellness program, Sebastian's dynamic storytelling and expert facilitation has helped some of the world's largest brands support & leverage the personal growth of their employees as a foundational pillar for professional development and organizational health.