Kurdt has put himself in countless death-defying situations most humans would never dare to enter into, in the name of discovery and learning.

Kurdt recalls how patience and mental fortitude were of the utmost importance from his experiences tracking cheetahs, swimming with killer whales and sharks, and working with black rhinos deep in harsh African landscapes to document the intricate lives of beautiful creatures for National Geographic.

Kurdt uses his vast observations of animal pack behaviour from his days spent raising lions to discuss the benefit of working in teams.

TAKE-AWAY MESSAGES

- Dynamics of working together in packs/teams for a common goal.
- Adaptability as the greatest survival and strengthening tactic in the modern world.
- Abolishing fear with knowledge and lived experience.
- Developing mental fortitude by pushing oneself beyond fear and self-imposed limitations.
- Stress management and relief in the natural world.
- Resurrecting a sense of childlike wonder and infinite curiosity, where all experience is internalized as information rather than a win/fail mentality.