

# Alex Alley

Yachtsman, Motivational Speaker, Author,  
Trainer and Facilitator



Alex is an ordinary man who has achieved extraordinary things. As a child he taught himself to sail in a small dinghy and with no formal training was soon making his boat go faster. Through persistence he managed to crew on ever bigger and faster yachts, learning all the time. His determination was rewarded when, at the age of 21, he was selected to represent England. He raced professionally with the same team for almost 2 years with great success, winning several major international events. More recently he has returned from the Global Challenge Round the World Yacht Race, where he led his team in some of the worlds most hostile environments, non-stop 24 hrs a day for up to 8 weeks at a time. Again with great success, helping his team record no fewer than four 24 hour records for the race, despite having 2 medical evacuations in the freezing Southern Ocean.

Let him take you on this incredible journey around the world. Experience the 'highest highs and the lowest lows' of the team as they battled against the odds. Using powerful video footage its like being there with them. He now works at imparting the passion and experience he has gained by running leadership and corporate training courses as well as being the co author of **Boat to Boardroom** – a leadership training manual using the Global Challenge yacht race as an extreme case study. He is also a commercial skipper and qualified sailing coach.



What Alex will give you is...

- ⇒ An amazing story, fraught with danger, trauma, leadership and people management.
- ⇒ A vital, energetic and positive boost to your organisation.
- ⇒ An insight into the lessons learnt, and how they relate to business and personal life.
- ⇒ Comparisons between sailing and business.

**Book him to re-energise and re-motivate your team. It's what he does best.**

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## **Recent Testimonials:**

*"Many thanks for an excellent presentation enthusiastically delivered. Feedback has been excellent and many references made to it during the following mornings workshops"*

**Chris Borrill, Director, Military Customer Support, Thales Group**

*"Alex has the most extraordinary leadership skills. He has an innate way of understanding what is required to motivate the team at any given moment with his unending optimism and energy. Alex has my enormous respect. I have lead teams and facilitated large groups and have never seen it done better."*

**Sharon Callaghan, Manager British Airways Executive Club**

*"His presentation style is impressive, a mix of adventure stories, hardship, success, setback and the one over riding message that you should never, ever, give up. Alex was an inspiration to our team, and whatever challenges we face there was motivation and techniques to help succeed for all of us."*

**John Mobly, Managing Director, Newnet plc**

*"Alex was an enthusiastic and engaging speaker, bringing to life the trials and tribulations of the Global Challenge. His talk was very interesting with some great stories and anecdotes. Moreover, he made it relevant to our business need with the theme of "challenge" cleverly interwoven into his talk. The group found him very motivational and took away some useful learnings. A terrific speaker who can be highly recommended."*

**Sarah Tett, Commercial Analytics Team, GSK**

*"Alex showed a special combination of practical skills, teaching ability and above all calmness under pressure when leading his team through tough conditions. I would recommend him to anyone who is seeking an exceptional person to help develop leadership and motivational skills as well of course his undoubted ability in a sailing boat."*

**Rob Packham QPM, Consultant. Previously Deputy Director General, National Crime Squad**

*"Probably the most motivated and positive person I have met."*

**James Smith, Supply Chain Integration Project Manager, Unilever UK Foods**

*"I want to thank you for an excellent contribution to the (Leaders) Forum workshop last week. The amount of questions at the end of your talk and the rest of the evening shows how much you provoked thinking and how enjoyable it was.*

*The workshop was a great success as evidenced by feedback from the CD leaders themselves, both verbal and in the ratings at the end. You contributed significantly to this success & we really appreciate your efforts to make this a success. The feedback from your session was very positive and I think everyone will remember your high sea adventures for a long time (and also apply your principles)."*

**Anne Brindley, CD Leaders Professional Development, AstraZeneca**

*"What an excellent presentation. Alex was confident, interesting and as inspirational as the subject he was presenting. He captured the attention of the audience with his warm personality and held it throughout; a truly motivational speaker"*

**Sue Quinnan, Senior Intelligence Officer, HM Revenue and Customs**