

MARK WALES

Biography &
Speaking Topics

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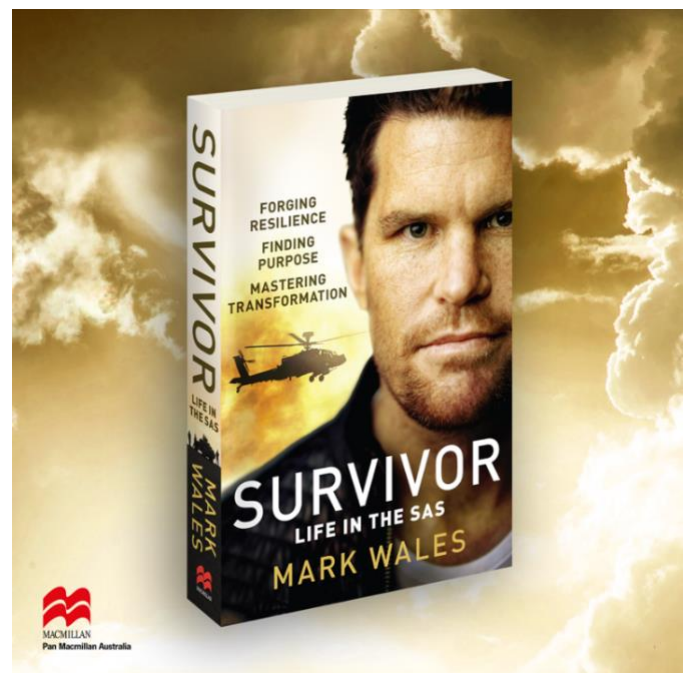
Ex-Special Operations Major, Author & Speaker

Mark was a career special forces officer in charge of 30 elite soldiers, his role was to lead combat missions deep behind enemy lines. Mark has completed **10 tours of duty** to Afghanistan, Iraq, East Timor, Lebanon and the Solomon Islands.

Mark's successful transition from the Army led him to a high-profile business career. He graduated with an MBA from the **Wharton School of Business** – and joined **McKinsey & Company**. Mark was listed in Wharton's prestigious **40 under 40** awards for business excellence. He is the founder and CEO of a tough-luxury brand, **Kill Kapture**.

Mark's best-selling memoir: **Survivor: Life in the SAS**, is known as one of the leading contemporary war memoirs.

Mark's is married to Samantha Gash and they have a four-year-old boy called Harry.



Speaking topics

Elite Leadership (Keynote Presentation)

- Mark believes that leadership can be taught, and the aim of this keynote is to outline the **fundamentals of elite leadership**
- Mark draws on his experience at the top levels of business and Special Operations to show you that the basics done well, are the **foundations of mission success**
- Any endeavour requires applying the basics of **mission focus, a supportive team, and self-care**
- Self-care fundamentals such as **rest, nutrition, exercise and growth** are the basics needed for elite performance.
- Mark draws from neurobiology and uses **personal examples** to illustrate a proven approach to prevention, recovery and growth
- Outlines the importance of **simplicity, focus and agility** in planning to achieve mission success
- Lasts for 60 minutes, including 15 minutes discussion / Q&A

Self-Care for Leaders (Keynote Presentation)

- Mark addresses increasing demands and pressures on team leaders and how **self-care is critical to elite performance, mental health and thriving under pressure**
- Mark discusses **team mission, team norms and personal boundaries** needed for optimal performance
- **Addressing overwhelm** and learning how to triage tasks in a high pressure environment
- 'Leading in chaos' tips. Mark uses an example of a failed combat mission in Afghanistan to outline the importance of **simplicity, focus and agility** in planning

Pre-mortems: Stress testing for success & resilience (Workshop)

- The aim of this series is to show the pre-mortem framework for stress testing initiatives to **increase chances of mission success**
- Perfect for an annual kick-off, launching a project, or forming a new team
- This workshop promotes collaboration, candour and removes bias, all while building better plans
- Focused on **skills and mindsets** needed to lead teams under extreme uncertainty, in a highly interactive environment.
- Using examples from **Special Operations, startups, and McKinsey & Company**, Mark focuses on tactical tips you can use from Day 1 to improve your chances of a win in your new project or team
- Workshop lasts for 90 minutes, with an optional 60-minute follow-up

Mark is an authentic, engaging speaker who is committed to ensuring your event is a stunning success!

For speaking enquiries, please contact Mark's Assistant:

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