

# Robyn's Topics and Presentations

All available as Virtual Keynotes from a World Class Studio

## Building World Class Teams: The Essential Elements of Extreme Performance

(60-90 minutes)

What do the world's most successful teams have in common? They have the ability to upgrade their teamwork to Human Synergy— “the magic that allows groups of ordinary people to accomplish extraordinary things together.”

If your goal is to take a group of successful individuals and make them even better... together, this teambuilding keynote is the perfect message to set the tone for your event!

Robyn Benincasa takes your group on a fast-paced multimedia adventure which visually and viscerally imparts the mindset that allows teams to adapt, overcome, and win as ONE against all odds... especially when the stakes are high, the goals are audacious, and constant change is the only thing your team can count on (aside from one another!). Your team will discover that achieving at peak levels isn't only about reaching UP and trying harder as an individual, it's also about reaching OUT and sharing not only our strengths and talents, but also our challenges, with a World Class Team.

During her critically acclaimed keynote, which has earned Robyn accolades as one of the Top 50 Speakers in the World in 2020 (Real Leaders Magazine), this World Champion Adventure Racer, CNN Hero and San Diego Firefighter gets attendees buzzing with inspired ideas about how to raise their team to the next level, both personally and professionally. And they'll take home simple and easily applied skills that allow them to create deep and lasting connections with all of the teammates in their lives.

There is an old African proverb that says, “If you want to go fast, go alone. If you want to go far, go together.” But the epic, entertaining and meaningful stories and videos shared in Robyn's *Building World Class Teams* keynote leave your team with a deep understanding: with true TEAMWORK, they will go further AND faster in pursuit of their goals!



The Essential Elements of Extreme Team Performance:

- Total Commitment
- Empathy and Awareness
- Adversity Management
- Mutual Respect
- 'We' Thinking
- Ownership of the Project
- Relinquishment of Ego
- Kinetic Leadership

Building World Class Teams: The Essential Elements of Extreme Performance is the perfect keynote if you have the following goals or themes for your meeting:

- Embracing times of great challenge and change as a springboard to future success.
- Inspiring total commitment to extremely challenging goals.
- Valuing and respecting diversity in team members' background, experience, skill set and strengths.
- Connecting deeply to others as a means to take your success to the next level—even when team members operate on a “virtual team” or have individual goals.
- Taking calculated risks: Teams that are creative and willing to take risks are the most successful in the long run.
- Understanding the importance of work/life balance and the powerful inspiration we receive from giving.
- Ensuring that all team members understand that they are also leaders in their areas of strength and expertise, regardless of tenure or titles.
- Creating leaders that value Teambuilding as one of their most important skill sets in their quest for world class results.
- Instilling the mindset of innovation, agility and creative solutions as a core competency for ongoing success.

**RealLeaders**<sup>®</sup>  
Top 50 Keynote Speakers  
In the World 2020



**World Class Teams**  
“adventures in teambuilding”

# Why Winners Win

(50-75 minutes)

## What are the 4 most common attributes of people who make a lifelong habit of winning?


Drawing inspiration from Robyn's team of World Champion adventure athletes as well as "Winners" from all walks of life, *Why Winners Win* uncovers the common traits and attitudes of the world's most consistent high performers.

The "Best of the Best" experience times of great challenge and change just like everyone else. But with characteristic Courage, Luck (Opportunity + Preparation), Adversity Management Skills, and a keen ability to create Synergy with their colleagues, they possess the ability to continually motivate and inspire themselves *and* those around them to the top of the podium in any endeavor.

Attendees will experience the thrill of peak performance and exceptional leadership through Robyn's incredible stories and breathtaking video footage of extreme performers in action, and they will leave energized and empowered to create consistent world class results in every aspect of their professional and personal lives!



"Our morale has improved 100%. The meeting surveys were all positive and gave you lots of luv for your role in our conference."  
- Steven W. Kaiser, State Sales Coordinator, Aflac Hawaii/Guam



"Robyn's words make you reflect on what great leadership qualities are and remind us of the importance of leading with our head and heart."  
- Craig McLaughlin, Vice President, Supply Chain, Kraft Canada Inc



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 <b>Patrick Lencioni</b> FOUNDER AND PRESIDENT OF THE TABLE GROUP	 <b>Captain Ron Johnson</b> RETIRED FIRE/ MISSOURI HIGHWAY PATROL	 <b>Robyn Benincasa</b> ADVENTURE RACING WORLD CHAMPION	 <b>Simon Sinek</b> ADJUNCT STAFF MEMBER OF KINE CORPORATION
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# Inspiring Greatness Through G.R.I.T.

(45 - 60 minutes)

## Creating the Resilience to Pursue the Impossible

What inspires the resilience to chase challenging finish lines and achieve world class results in times of incredible challenge and change? How do we create the passion and internal drive to continue to overcome every obstacle in our path? We create this kind of greatness in ourselves and our teammates through G.R.I.T!

G.R.I.T is that magical combination of...

- GUTS • RESPECT • INNOVATION • TEAMWORK

...that inspires us to stay true to our mission and our goals. In this keynote, Robyn shares the real secret to her and her teams' success over 20 years of leading the pack in the sport of adventure racing and as a San Diego Firefighter—their “we will find a way or make one” attitude, their love of the mission, their deep respect for one another, their ingenious solutions and “white space” thinking, their intensive preparation for all contingencies and conditions, and their incredible ability to not just work with each other, but FOR each other. Having the GRIT to go the distance in any endeavor and to overcome obstacles in our path isn't just a matter of mental fortitude. We can BUILD or BORROW our GRIT from one another when we're low on our brave and we're fresh out of strong. :)



## Meet Robyn Benincasa: The Adventurer Who Inspires



*Robyn's All-Female Fire Crew:  
First in the Nation*

Robyn Benincasa is a World Champion Adventure Racer, award-winning motivational speaker, 3x Guinness World Record kayaker, 20 year veteran of the San Diego Fire Department (America's First All Female Fire Crew), 10x Ironman Triathlete, New York Times bestselling author, proud owner of two bionic metal hips, and the Founder and Minister of Dreams of the 501c3 Project Athena Foundation, which helps Survivors live an adventurous dream as part of their recovery.



*The Fast Company Magazine Article, Extreme Teamwork, that inspired Robyn to share her team's mindset and wisdom with business leaders...*



### World Champion Adventure Racer

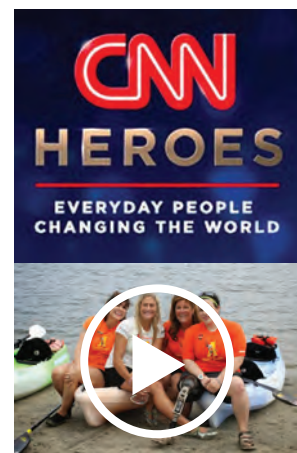
For the past 20 years, Robyn and her teammates have studied teambuilding, leadership and performance in the most extreme classrooms on Earth: the jungles of Borneo, the Himalayan peaks of Tibet, the rivers of Fiji, the rainforests of Ecuador, and the epic brush fires of Southern California (just to name a few)! It is through these harrowing, life affirming, and often hilarious experiences that Robyn has emerged with her unique perspective on what it takes to succeed against all odds and go the distance in any endeavor.



*Runner's World Heroes*

### Founder of the Project Athena Foundation

In 2014, Robyn was named a CNN Hero for the Project Athena Foundation. Project Athena is a 501c3 non-profit foundation that helps women who have endured life-altering medical setbacks live an adventurous dream as part of their recovery. Robyn was inspired to start the foundation as a result of her own medical challenge—two total hip replacements. “I'm honored to be chosen a CNN Hero,” she says, “but the Athenas (Survivors) who reach their recovery goal of a Project Athena adventure are the true heroes. The mission of the foundation is to put Athenas in a position to Inspire and amaze themselves—and to remind them that they're never going to be defined by their setback... they're going to be defined by their comeback!”



[www.ProjectAthena.org](http://www.ProjectAthena.org)

# Robyn's \*New\* Virtual Keynote

(30+ minutes!)

**Adapt, Overcome, and Win as One!**

If there's one thing we can all be certain of right now, it's that change is the only thing that's going to stay the same. It's our response to that change that dictates our success.

So how do we as leaders inspire the kind of mindset and build the kind of teams that drive our organizations to adapt, overcome and win as ONE in the face of times of extreme challenge and change? In this truly unique, authentic and fast paced 30-45 minute multi media keynote, inspired by a Fast Company Magazine feature story about Robyn's World Champion Adventure Racing team entitled "Extreme Teamwork", Robyn shares the 5 Secrets to Building Resilient Teams that allowed her team to be the most prolific and consistent World Champions in the sport, and that are easily applied to overcoming all obstacles in the adventures known as our business lives.



Robyn and her teammates weren't on the podium at the World Championships every year because they had the fastest team members—they simply had some of the most creative and resilient. They consistently found a better and more efficient way through the course, discovered a way to use the materials given to them in a game changing way, and built a truly world class team that not only shared their strengths but shared their challenges from start to finish. Their team culture of innovation, visionary creativity, relentless lead building and embracing times of challenge and change as a springboard to future success made them one of the most exciting and successful teams in the history of adventure sports.

"We had so much fun with you. I literally received so many compliments on your message and comments about how your talk touched people—some wanted to go home and share with their husbands/wives/families. Several others said you were the best speaker they had ever heard (my opinion too by the way) and that more in Nestle should hear you! You SO over-delivered both in your speech and in your willingness to spend time with our team. I couldn't have asked for a more perfect message to be delivered at just the right time."

-Lisbeth Armentano, Director of Communications & Promotions, Nestlé Nutrition Division



"The feedback from everyone in that room is overwhelming positive. You were amazing. I've received positive comments from sales people, marketing executives, corporate executives, and the list goes on. People felt that hearing from someone with your background brought a refreshing perspective and that you connected perfectly to relevant experiences in corporate culture."

-Patti Cameron, Sr. Director, Global Sales Enablement, Veritas Technologies



"Thanks Robyn! You were a "rock star"! I really appreciate you being at our meeting. Your powerful presentation and message aligned perfectly with what I wanted to accomplish and you knocked it out of the ball park! I can't tell you how many people have come up to me and sent me notes on how great they thought your presentation was. I want to sincerely thank you for traveling here and being such a big part of our meeting."

- Greg Guidos, President, Allstate Benefits



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