

ELEANOR CAREY

Speaker, Adventurer
Speaker BIO / INTRO 2022

Speaker Intro

Our keynote speaker today, Eleanor Carey is the first Australian woman to row across the mid-Pacific Ocean. Spending 62 days at sea in a 7.5m ocean rowing boat, she battled extreme seasickness, sleep deprivation, multiple hurricanes and forty foot waves to set two Guinness World Records as part of a trio.

Through her experiences, Eleanor has become driven to help others become the very best versions of themselves by sharing the stories, strategies and tools that she has used herself.

Please help me welcome Eleanor to the stage for her signature keynote, Stepping Into The Unknown.



About

Stepping into the unknown is something that Eleanor Carey has done over and over again. It is something that both excites and frightens her every single time.

From cycling solo across Europe in search of a career change, to founding multiple businesses, to battling hurricanes, extreme sea sickness and sleep deprivation she has learned how to get comfortable being uncomfortable.

Spending 62 days at sea in a 7.5 metre boat, rowing day and night is just one part of Eleanor's experience that has built her ability to adapt in such a wide variety of conditions and circumstances and continue stepping forward in the face of fear and uncertainty.

Speaker Bio

Eleanor Carey is the first Australian woman to row across the Pacific Ocean.

Spending 62 days at sea in a 7.5m ocean rowing boat, she battled extreme seasickness, sleep deprivation, multiple hurricanes and forty foot waves to set two Guinness World Records as part of a trio.

A true adventurer at heart, Eleanor has also cycled solo across Europe, conquered a 100km ultra-marathon and completed many more multi-day human powered journeys worldwide.

Through these extreme journeys, Eleanor has learned the power of stepping into the unknown and being comfortable in the uncomfortable.

Eleanor is driven to help others nurture their ability to step into the unknown.

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Portrait 1 [Headshot Bricks]

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Landscape 2 [Row 2]

