

## INTRODUCTION FOR JAMES KEYNOTE:

Our special guest today is an Australian Explorer with a fascinating story.

In 2011, alongside his best mate Jonesy the duo made history by completing the longest unsupported polar expedition of all time. In 100 years of polar exploration no-one had EVER walked from the edge of Antarctica to the South Pole and back without assistance. Many had tried, none had succeeded. On Australia Day after skiing an epic 2275km over 89 days Cas and Jonesy made history.

You might remember the men from a few years ago when they became the first people to ever kayak from Australia to New Zealand? This journey is the epic sequel.

Cas is now the Founder of a business delivering Australia's Premier Corporate Adventure-based programs. MyAdventure Group delivers mind-blowing experiences designed to develop and reward high performance teams.

He will now share all the fear, the tears, the crevasses, the blizzards and many valuable lessons that we can all learn from.

Ladies and gentleman, please welcome Cas to the stage