

Kevin Biggar Bios

Bio 1 (200 words)

Kevin Biggar was overweight, out of work and spending a lot of time on his mother's couch watching TV when he saw a clip on the news about one of the world's hardest challenges - the 5000km trans-Atlantic rowing race. Kevin decided to take part.

An unusual choice for anyone, but particularly for someone who had never rowed before and was prone to sea sickness. In a desperate and thrilling race he not only went onto win but also set a new world record.

A few years later he teamed up again with his rowing partner for another expedition – this time to Antarctica. They battled temperatures as cold as minus forty degrees, frostbite, crevasses, whiteouts and gear failure in an attempt to become the first Kiwis to trek unsupported to the South Pole.

If you've ever sat on a sofa wondering what to do next, or been daunted by an enormous challenge, you'll enjoy Kevin's formula for transformation illustrated with hilarious stories from his adventures.

His account of an absolute underdog taking on two of the world's toughest endurance feats will have you laughing out loud and leave you more enthusiastic and empowered about your own challenges.

Bio 2 (80 words)

Kevin Biggar was a strategy consultant before he left the corporate world to take part in the trans-Atlantic Rowing race. An unusual choice for anyone but particularly someone who hadn't rowed before and was prone to sea-sickness. He then trekked unsupported to the South Pole and co-presented the award winning TVNZ documentary series 'First Crossings' and 'Intrepid NZ'.

Now he delivers entertaining keynotes and workshops on facing challenges, energising teams, taking performance to the next level and boosting mental toughness.

Bio 3 (80 words)

If you ever thought that you couldn't do it Kevin is living proof of whatever the mind can believe, it can achieve. From the comfort of his couch, Kevin dared to dream and set himself some goals that for most of us would be outrageous.

Described as adventurous determined and goal driven, his journey proves that he is all that and – and more! You'll be amazed at by his rollicking story and come away believing that anything is possible.

Bio 4 (100 words)

If you ever thought that you couldn't do it – Kevin Biggar will have you thinking again! Kevin was a couch potato when he decided to take part in the 5,000km trans-Atlantic rowing race.

He then went on to achieve a much tougher challenge - the first ever kiwi to complete an unsupported trek from the coast of Antarctica to the South Pole.

Kevin also co-hosted of the TVNZ series 'First Crossings' and 'Intrepid NZ' recreating the adventures of pioneering NZ explorers.

In a rollicking and outrageous yarn, Kevin shares what he has learned about taking on big, crazy challenges. Prepare to have your limits burst!

Bio 5 (250 words)

If you ever thought that you couldn't do it Kevin is living proof of whatever the mind can believe, it can achieve. From the comfort of his couch, Kevin dared to dream and set himself some goals that for most of us would be outrageous.

Kevin Biggar was a strategy consultant with The Boston Consulting Group before he left the corporate world to take part in the world's toughest test of endurance - the trans-Atlantic Rowing race. An unusual choice for anyone but particularly someone who hadn't rowed before and was prone to sea-sickness!

Together with his rowing partner Jamie Fitzgerald he then went on to undertake a much tougher challenge - the first ever unsupported trek from the coast of Antarctica to the South Pole and back.

Since then he has been the CEO of a software startup and has written or co-written three books 'The Oarsome Adventures of a Fat Boy Rower' (the Sunday Star Times best sports book of 2008) 'Escape to the Pole' (2010), and 'First Crossings' all published by Random House. Kevin was also the co-host of the TVNZ series 'First Crossings' and 'Intrepid NZ' recreating historic adventures in NZ.

Kevin has spent the last fifteen years continuing his fascination with performance, personal transformation and the psychology of teams. His advice about how to unleash your potential - shared in highly visual and entertaining presentations have made a lasting impact on thousands of people in New Zealand and Australia.

Bio 6 (200 words)

Kevin Biggar was a strategy consultant with The Boston Consulting Group before he left the corporate world to take part in the world's toughest test of endurance - the trans-Atlantic Rowing race. An unusual choice for anyone but particularly someone who hadn't rowed before and was prone to sea-sickness.

Nevertheless - applying the same skills from his business career he took on the challenge and over two years transformed himself into a world record beating endurance athlete.

Together with his rowing partner Jamie Fitzgerald he then went on to undertake a much tougher challenge - the first ever unsupported trek from the coast of Antarctica to the South Pole and back.

Since then he has been the CEO of a software startup and has written or co-written three books 'The Oarsome Adventures of a Fat Boy Rower' (the Sunday Star Times best sports book of 2008) 'Escape to the Pole' (2010), and 'First Crossings' all published by Penguin Random House.

You may also have seen Kevin hosting the TVNZ series 'First Crossings' and 'Intrepid NZ' recreating historic adventures in NZ.

Kevin has spent the last fifteen years continuing his fascination with performance, personal transformation and the psychology of teams. His advice about how to unleash your potential - shared in highly visual and entertaining presentations have made a lasting impact on thousands of people in New Zealand and Australia.

Bio 7 (320 words)

Kevin Biggar was a management consultant working in Australia and New Zealand, until a combination of strange events led him to leaving the corporate world to take part in arguably the world's toughest endurance event – the Trans-Atlantic Rowing Race. An unusual choice for anyone, but particularly for someone who had never rowed before and was prone to sea sickness.

Despite this, and after overcoming many hurdles and setbacks, he went on to win the race and set a new world record.

He then teamed up again with his rowing partner Jamie Fitzgerald to attempt the first ever unresupplied return trip from the Antarctic coast to the South Pole and back. During which they had to battle gaping crevasses, brain numbing cold, starvation, snow 'ninjas' and girls in bikinis.

Kevin shares his experiences and the learnings that have come from applying his business skills into the world of adventure, and what his adventures have taught him about achieving in business.

His account of an absolute underdog taking on one of the world's toughest endurance races will have you laughing out loud and leave you feeling inspired.

Kevin has a physics degree at Auckland University and a Masters degree in Environment & Development from the University of Cambridge. He has worked at The NZ Treasury, Telecom and as a strategy consultant with The Boston Consulting Group. He has also worked as a giant chicken mascot, a brick layer in Nepal, and as a truck driver for medical waste in London. He has worked as the CEO of a small software startup and most recently as the host of the TVNZ series 'First Crossings' recreating historic adventures in NZ.

Kevin has written three books 'The Oarsome Adventures of a Fat Boy Rower' 'Escape to the Pole' (2010), and 'First Crossings' all published by Penguin Random House.

Bio 8 (300 words)

Kevin Biggar is a modern day adventurer, author and an award winning public speaker. Using hilarious stories and photos from his adventures Kevin talks passionately about goal setting, teamwork, and increasing performance.

He teamed up again with his rowing partner for another expedition – this time to Antarctica. Kevin battled temperatures as cold as minus forty degrees, frostbite, crevasses, whiteouts and gear failure. Finally, after fifty two days of hauling their sleds, they became the first kiwis to reach the South Pole unsupported.

The story of Kevin's transformation from couch potato to world record holder is told in 'The Oarsome Adventures of a Fat Boy Rower' and his Antarctic exploits in 'Escape to the Pole'. He has worked as the CEO of a software startup and most recently as the host of the TVNZ series 'First Crossings' and 'Intrepid NZ' recreating historic adventures in NZ.

Kevin Biggar bio

Kevin Biggar was overweight, out of work and watching TV when he saw a clip on the news about one of the world's toughest endurance events - the 5000km trans-Atlantic rowing race.

Kevin decided to take part. An unusual choice for anyone, but particularly for someone who didn't know how to row. Yet two years later, in a desperate and thrilling race, he not only won he also set a new world record.

Next he teamed up with his rowing partner again for another expedition – to Antarctica. After 52 days of battling temperatures as cold as -40 degrees, frostbite, crevasses, whiteouts and gear failure, they became the first kiwis to reach the South Pole unsupported.

In his interactive and entertaining workshop Kevin shares the techniques he learned to get himself off the sofa and take on two of the world's toughest endurance feats.

If you're facing your own tough challenge, you'll be fascinated as Kevin relates his formula for transformation illustrated with hilarious stories and examples from his adventures.

Kevin has worked in strategy roles for The Boston Consulting Group, Telecom NZ, and as the CEO of a software start-up. Kevin was also a co-host of the TVNZ series 'First Crossings' and 'Intrepid NZ'.

How to take on tough challenges

In the workshop you will learn:

1. HOW TO GET TO GRIPS WITH A DAUNTING CHALLENGE

- How to beat procrastination
- When and why you should avoid being 'rational'
- How to use foresight to address your concerns
- A system for dealing effectively with your objections

2. HOW TO GET A WINNING ATTITUDE

- The benefits of taking on a challenge you might fail at
- The difference between committing to an outcome vs 'trying your best'
- The real reason for why you need to take on a tough challenge

3. HOW TO ENERGISE AND UNITE TEAMS

- The single team rule that got Kevin and his new team mate across the Atlantic and Antarctic
- How to get the mindset that allows you to successfully resolve disputes between team members

4. DEALING WITH SETBACKS

- The only way to stop being daunted by overwhelming challenges
- How to reframe adversity into opportunity

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"Your Oarsome Adventure"

To have an adventure you don't have to be climbing a mountain or crossing an ocean. The definition of adventure is simply 'to take bold steps towards and unknown but worthwhile outcome'. As you grow your business, as you work towards your goals for 2020, then you are on an adventure too.

In this presentation Kevin shares what he has learned taking on his adventures. The content is split into four topics - the four times you are mostly likely to be 'capsized' by your attitude or mindset as you take your goal from idea through to completion.

1. FACE THE 'FLINCH'

How to deal with the feelings of overwhelm and doubt that can stop you from taking on your challenge

- How to beat procrastination
- When and why you should avoid being 'rational'
- How to use foresight to address your concerns
- A system for dealing effectively with your objections

2. CHOOSE TO WIN

About recognising and avoiding the trap of thinking that best efforts are good enough and rethinking your attitude around failure

- The benefits of taking on a challenge you might fail at
- The difference between committing to an outcome vs 'trying your best'
- The real reason for why you need to take on a tough challenge
- Using innovation to win

3. PLAYING AS A TEAM

We've all had experiences of being in a team where things haven't been as effective as they could be. How can you avoid that?

- The single team rule that got Kevin and his new team mate across the Atlantic and Antarctic
- How to get the mindset that allows you to successfully resolve disputes between team members

4. DEALING WITH SETBACKS

Whenever you take on a big challenge there are going to be days when you don't make the progress that you expect and motivation slips away. Here's two ways for dealing with that.

- The only way to stop being daunted by overwhelming challenges
- How to reframe adversity into opportunity