

TERRI SCHNEIDER

Extreme Performance

For those who want to go beyond merely surviving and truly thrive, challenge and risk-taking are like air and water—life's essential elements. Learning to embrace challenges as exciting moments of possibility and taking risks in the face of fear unlock the door to living life full out.

- Terri Schneider

One of the world's most diversely accomplished extreme ultra-endurance athletes, Terri Schneider translates her athletic experiences into an epic adventure that will enthrall audiences while inspiring your entire company to **explode past perceived limitations** and deliver extreme performances.

As in ultra-endurance races, there will always be intense challenges in business. Your company's success hinges on the way your team approaches those challenges. Will they back down or step up and **view challenges as opportunities to grow** and reach beyond what they thought was possible for themselves and your company?

Through her unforgettable multimedia presentations and charismatic speaking style, **Terri motivates audiences to embrace challenge**. She delivers the valuable and practical insight you need to succeed.

LESSONS IN SUCCESS
FROM THE WORLD
OF ADVENTURE AND
ENDURANCE

Terri Schneider is a passionate speaker. She has the rare ability to take her incredible experiences and draw real life parallels that will inspire anyone. She speaks from the heart, and her energy is truly contagious.

- Tyson Foods, Inc.



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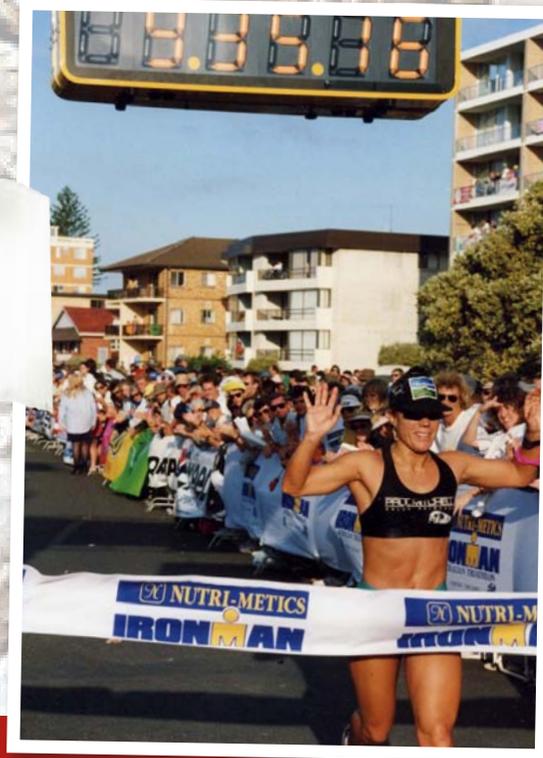
speaker • extreme endurance athlete • author • coach • sport psychology consultant



In her various athletic endeavors as a world class triathlete, elite adventure racer, and ultra runner, Terri regularly engages in physical, psychological, and emotional challenges that most people can only imagine. She thrives in the extremes of deserts, jungles, and mountains and finds comfort in the uncomfortable life lessons those landscapes offer.

Terri has persevered through challenging team dynamics and hardship on all levels. She offers her insight gained from these experiences as well as her expertise achieved through her M.A. in Sports Psychology to help others push through and past pre-constructed finish lines. Terri believes that the challenges we endure are the ultimate opportunities that mold us as human beings.

Terri will captivate your audience through her dynamic, inspirational, and visually stunning presentations that are customized to suit your unique conference agenda and audience.



Terri Schneider absolutely enthralled our group. In my 30 years of management experience, I was overwhelmed by her effective 'down to earth' style together with her natural ability to involve her audience.

- Compaq Computer Corp.

PRESENTATION PACKAGE:

The Power of Team

The timing for Terri's "Power of Team" presentation was perfect for helping to create the framework for our firm's corporate culture and value initiatives. Our group immediately related to Terri's real life experiences and the breakout sessions were invaluable.

- Molewski Financial

Each team member represents a crucial brick needed in developing the foundation for a group. But a powerful team calls for each individual to continually raise the bar in what we can offer our teams. The true power of team is achieved when each team member welcomes challenge as an opportunity to expand into that optimal teammate.

This 4-part, multimedia program is fully customized to hone in on the challenges and hot points specific to your company. **The Power of Team** will supercharge the effectiveness of your teams by delving deeply into crucial team building skills including communication, adaptation, risk taking, challenge, endurance and more.

The Power of Team package includes:

- 1 **NEEDS ASSESSMENT** – an initial call with Terri that will enable her to learn more about your meeting objectives and your team so that she may customize your program.
- 2 **SPEAKING PRESENTATION** – an educational and compelling keynote presentation on the essential aspects of building strong teams and being an effective team player.
- 3 **Q&A** – an opportunity for participants to discuss with Terri the concepts presented as well as any specific challenges and issues they face in relation to this theme.
- 4 **TEAM MASTERY WORKSHOP** – a hands-on idea/solution activity that breaks the larger group down into smaller groups. This gives participants the opportunity to directly engage the concepts Terri has presented, examine their current level of contribution and effectiveness, as well as create what they can do to increase their power moving forward.

ADDITIONAL KEY SPEAKING THEMES

Doing Amazing

We can dream of what could be in our lives or we can choose to nix the idle chatter, go really big and **reach for Amazing**. Your choices and experiences set the stage for how you go after Amazing in your life. Whether it's academics, career, an athletic endeavor, an adventure or humanitarian effort, don't settle for just getting the job done—go after Amazing! In conjunction with a stunning slide show of her world adventures Terri will highlight several amazing stories that inspire you to action with her '10 Points for Doing Amazing'. Additional themes in this presentation are passion, goal setting, confidence, risk taking, beyond potential, being exceptional, embracing challenge, awareness, mastery and more.

The Art of Calculated Risk Taking

Calculated risk taking is essential to garnering personal greatness while offering us the elixir needed for success—confidence. Taking risks teaches us to **adapt while moving forward**, so that we can continually redefine how we view our lives. Creating extraordinary experiences is a direct result of practicing calculated risk taking well, while embracing the ever-deepening learning process of the courageous life. With an exciting slide show backdrop, Terri will offer the secrets to becoming skilled at risk taking. Additional themes in this presentation are chance, uncertainty, choice, being exceptional, passion, awareness, facing fear, mastery and more.

Mental Training for Sport and Life

Our actions are generated by our mind and what we think. Yet we are never a victim to our out-of-control thoughts. At any time we can guide and control our attitudes and subsequent actions. Through this captivating slide show Terri will put forward the possibility of each participant creating a personalized Mental Training Program in order to **reach untapped mental power**. Terri will share her experiences and research in this arena while offering participants powerful methods that will change the way they do their work, sport and lives. Additional themes in this program are confidence, attribution, goal setting, self talk, affirmations, commitment, adaptability, mindfulness, reaching beyond potential, endurance and more.

Your Competitive Edge

Embracing challenge teaches us that there is no such thing as potential because potential implies an ending place. We learn through our growth within challenge that redefining ourselves as humans is a limitless process.

- Terri Schneider

To meet the challenges and rigors of today's business environments, your people require a competitive edge. Terri Schneider offers exactly that in entertaining and exciting presentations that inspire as much as they teach essential skills that will take your company to an entirely new level: **beyond potential, beyond finish lines, beyond your wildest expectations.**

Terri has the unique gift of translating her experiences in the world of sport and academics to team dynamics in the corporate environment. She speaks articulately from the heart, and can inspire anyone to be the best they can be.

- Hewlett-Packard

Terri's presentation on being a quintessential team player hit the mark and everyone was at attention! The message was excellent and it was adorned by fascinating stories about her experiences. It was a motivating presentation on many fronts: on a personal level, and at an organizational level, where we strive for greater camaraderie to compete effectively and fairly in our industry.

- IBM Software
Executive Briefing Program

Terri Schneider's presentation on teamwork was amazing—she's a truly remarkable person. Her reach-out-and-grab-you style and her tales of team-work along with her spectacular photos were really truly awe-inspiring. Her personable style inspired us to excel—not only focus on our individual strengths, but to also have the courage to reveal our weaknesses in order to build a stronger, more productive team. I would recommend Terri's motivational program to any group where team-work is involved, large or small.

- HRMarketer.com

Our attendees were extremely impressed with Terri's speaking engagement, expertise, and support throughout our program! We look forward to working with Terri in the future.

- Seagate Technology

I feel so fortunate to have met and worked with Terri. She inspired my group from just reading her article and informally talking with her, but really TOUCHED each person when she spoke. I hope our paths cross again. There is so much to learn from her and she's incredibly motivating.

- Aperto Networks



Athletic and Academic Overview

Terri's competitive record in multi-sport and endurance events spans over 65 countries and is as impressive as it is endless. Here are some of the highlights:

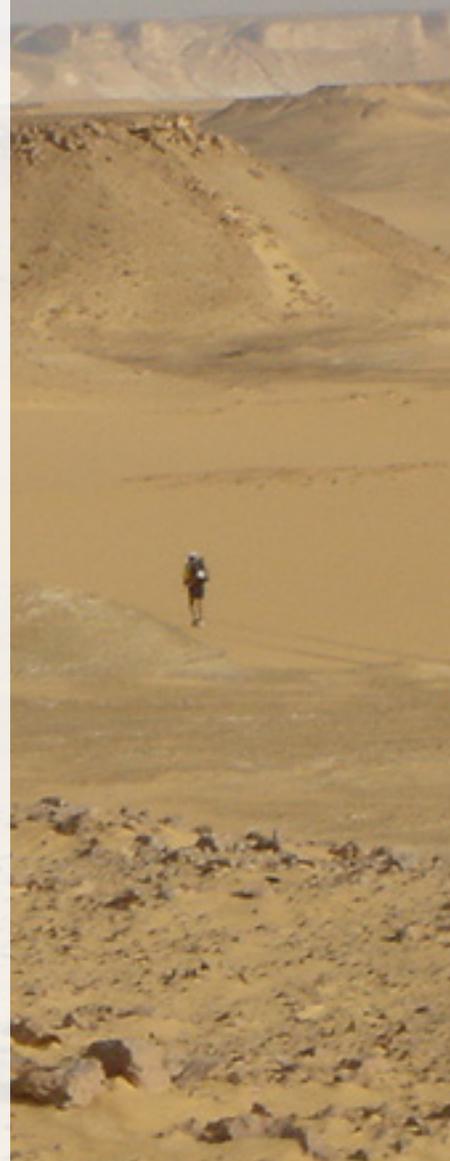
In the first stage of her athletic career, Terri achieved the ultra-elite status of 2nd ranked woman in the international field of Ironman Triathlon competitors. She completed an unbelievable 22 Ironman Triathlons, which, among other outstanding finishes, included three top 5 finishes at the sport's most prestigious event, the Ironman Triathlon World Championships in Kona, Hawaii.

In 1995, Terri put her years of physical and mental conditioning and her expert motivational and team-building skills to the ultimate test in the extreme sport of adventure racing. A multi-sport and often multi-day endurance event, adventure racing blends a variety of sports such as kayaking, horseback riding, mountain biking, trekking, mountaineering, and paddling. The events chosen are dependent upon the venue. Non-stop wilderness navigation, lack of sleep, and constant physical and mental strain requires tremendous team strategy; teams must finish the race together.

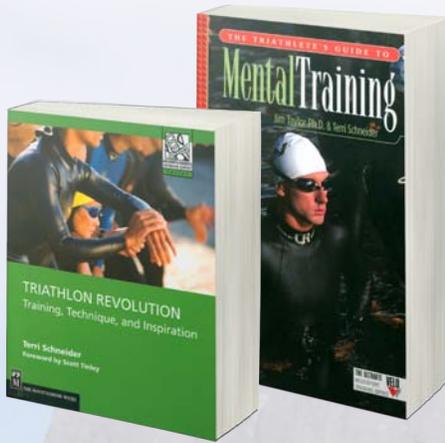
Terri has competed in 7 Eco-Challenge Expedition competitions, the Mild Seven Outdoor Quest in China, the ESPN X-Games Adventure Race, and the Raid Gauloises in Tibet and Nepal. She has also raced La Ruta de Los Conquistadores a multi-day mountain bike race across Costa Rica as well as several 50 to 100-mile endurance trail runs and several 7-day and often self supported, running stage races in Costa Rica, the Gobi Desert in China and the Sahara Desert in Egypt.

In her spare time she has climbed various peaks on four continents. Her current passions are paragliding, multi-sport racing and adventure travel with purpose, while sharing the fruits of these experiences with others.

Terri earned her Masters degree in Sports Psychology with an emphasis on team dynamics and risk taking and her Bachelor of Science degree in Exercise Physiology. In addition to speaking, coaching and consulting, she is currently studying photography, Buddhism, and Gross National Happiness while writing her next book.



PUBLICATIONS

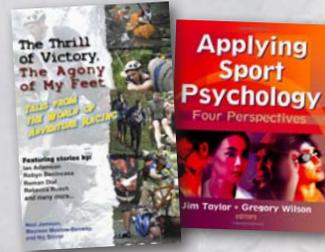


Author: *Triathlon Revolution: Training, Technique and Inspiration*

Co-Author: *Triathlete's Guide to Mental Training*

Contributor:

- *Applying Sport Psychology: From Researcher and Consultant to Coach and Athlete*
- *The Thrill of Victory the Agony of My Feet: Tales from the Wild and Wonderful World of Adventure Racing*



MEDIA COVERAGE

Each phase of Terri's athletic career has garnered a substantial amount of media attention. Television highlights include appearances and coverage from NBC's *Dateline* and *NBC Sports*, ABC's *Good Morning America*, *Fox Sports*, *ESPN*, *ESPN2*, the *Discovery Channel* and *USA Network*.

Terri has also been featured in articles published by many national newspapers and magazines, including *The New York Times*, *Los Angeles Times*, *Chicago Sun*, *USA Today*, *Time Magazine*, *Men's Journal*, *Rolling Stone*, *Outside Magazine*, and *Oxygen*.

SPEAKING ENGAGEMENTS AND TEAM FACILITATIONS

Among the many audiences Terri Schneider has challenged and inspired are:

Wal-Mart
Apple
Seagate Technology
Cisco
Tyson Foods
Avalon Bay
Active Marketing Group
Molewski Financial
Larkspur Hospitality
West Marine
Cholestech
Blue Arc

Celebrity Cruise Lines
Chicago Title
Discovery Channel
Paul Mitchell
REI
San Jose State University
Commencement Ceremony
Los Gatos Police Department
Sheriff's of California
Insurance Agents Group
Women in Business Group
Outdoor Industry Women's Council

University of California, Santa Cruz,
guest lecturer
San Jose State University,
guest lecturer
Cabrillo College, guest lecturer
Presidio Sport & Medicine
Rotary Clubs and a variety of
additional children's groups,
schools, clubs, groups, events, and
athletic organizations

CONTACT

Visit www.terrischneider.net or email terri@terrischneider.net to learn more about how Terri Schneider can instill inspiration and vision in your group.

You can also visit:

- Terri's blog, Dirty Inspirations at www.terrischneider.net/blog,
- Check out events Terri co-directs at www.ditrailruns.com,
- Her online training programs at www.enduranceonlinetraining.com, or
- Follow her expedition in Bhutan at www.expeditionbhutan.com.

What truly takes more energy – to fear, idle and relentlessly wonder if you 'could have', or, to make a plan, take action, and enjoy the ride?

- Terri Schneider



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