

## **Aaron Linsdau Speaker Introduction**

Our speaker Aaron Linsdau is a polar explorer and author. He skied 720 miles alone in Antarctica, walked across Yellowstone National Park in winter, crossed the Greenland tundra alone, has slept in the Sahara desert, attempted to climb Denali solo, and successfully climbed Mt. Kilimanjaro and Mt Elbrus. He still has all his fingers and toes.

Aaron is an Eagle Scout and has received the Outstanding Eagle Scout Award.

Using the strategies he's going to share to increase your resilience to overcome adversity, Aaron was able to set the world record for surviving the longest expedition to the South Pole in history, 82 days alone on the ice.

Please welcome Aaron Linsdau...