

# LUKE TYBURSKI - KEYNOTE SPEAKER



***“Luke’s emotive stories and powerful strategies should be experienced by all.”***

A **Keynote Speaker & Author** who **inspires, motivates,** and **educates** his audiences through his contagious energy, positivity, and most of all - his powerful personal story.

Luke Tyburski's an ex professional footballer, who now takes on some of the world's most extreme ultra-endurance challenges. Luke's entire life has been about performance, overcoming obstacles while dealing with setbacks to achieve his daily best.

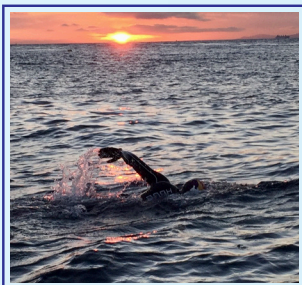
From running through the Sahara desert, down Mt Everest, and across a tropical forest in China without food, water, or any money - Luke's ability to deal with adversity is second to none.

Luke's world first, self-created 2000km in 12 day Ultimate Triathlon from Morocco to Monaco not only pushed him to his physical

limits, but also showcased his extraordinary resilience when things don't go to plan.

Alongside his extreme global adventures, Luke has struggled with his mental health for many years. He has translated his personal experiences of battling depression alone for nearly a decade, overcoming an eating disorder, insomnia, and twice standing on tops of bridges not wanting to live anymore into insightful and powerful lessons in understanding & taking care of your mental health & wellbeing.

Luke's talks will challenge you, and change how you view, think, and act each day.





**Luke Tyburski captivates, entertains, and leaves his audiences challenging their own beliefs of what is possible.**

His stories are mind-blowing & the actionable knowledge he delivers is truly insightful - Luke Tyburski is a Keynote Speaker any company or event needs to have in front of their employees or guests.

## KEY TAKEAWAYS

- **Build Resilience with K.E.N**
- **Creating a Mindset that Matters**
- **Being Vulnerable is a Superpower**
- **Overcoming Adversity Through Curiosity**

*"Luke Tyburski kept our guests spellbound with his adventure stories. Informative, educational, inspiring, and very very entertaining; Luke comes highly recommended!"*

*"A first-class presentation delivered by a world-class public speaker."*

*"Luke's virtual presentation left us feeling inspired and ready to take on the world with renewed vigour."*

**WATCH LUKE  
IN ACTION**