

LUKE TYBURSKI

KEYNOTE SPEAKER
EVENT HOST

“Luke’s emotive stories, energy on the microphone, and powerful strategies should be experienced by all.”

A **Keynote Speaker & Event Host** who **inspires, motivates, and educates** his audiences, while enhancing their experience during events through his contagious energy, positivity, and most of all - his powerful personal story of sharing his mental health battles and physical feats.

Luke Tyburnski'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 accomplish his goals.

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 daily.

Luke's ability to engage with his audience, and interact seamlessly with those attending events elevates the experience had by all.



Email: LUKE@LUKETYBURSKI.COM

Website: WWW.LUKETYBURSKI.COM



Luke Tyburski captivates, entertains, and leaves his audiences challenging their own mental health beliefs & personal limitations.

As a host, Luke is observant and engaged, his stories are mind-blowing & the actionable knowledge he delivers is truly insightful - Luke Tyburski is a Keynote Speaker and Host any company or event needs to have in front of their employees or guests.

KEYNOTE TALKS

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

EVENTS HOSTED

- **Live Panels**
- **Conferences**
- **Award Ceremonies**
- **Sporting Events**

"Luke Tyburski kept our guests spellbound with his adventure stories. Informative, educational, inspiring, and a very very entertaining host; 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**