



## PRESENTATION OVERVIEW

*"A colourful character born with that compulsion to do something crazy,  
something INCREDIBLE"*

Alec Baldwin

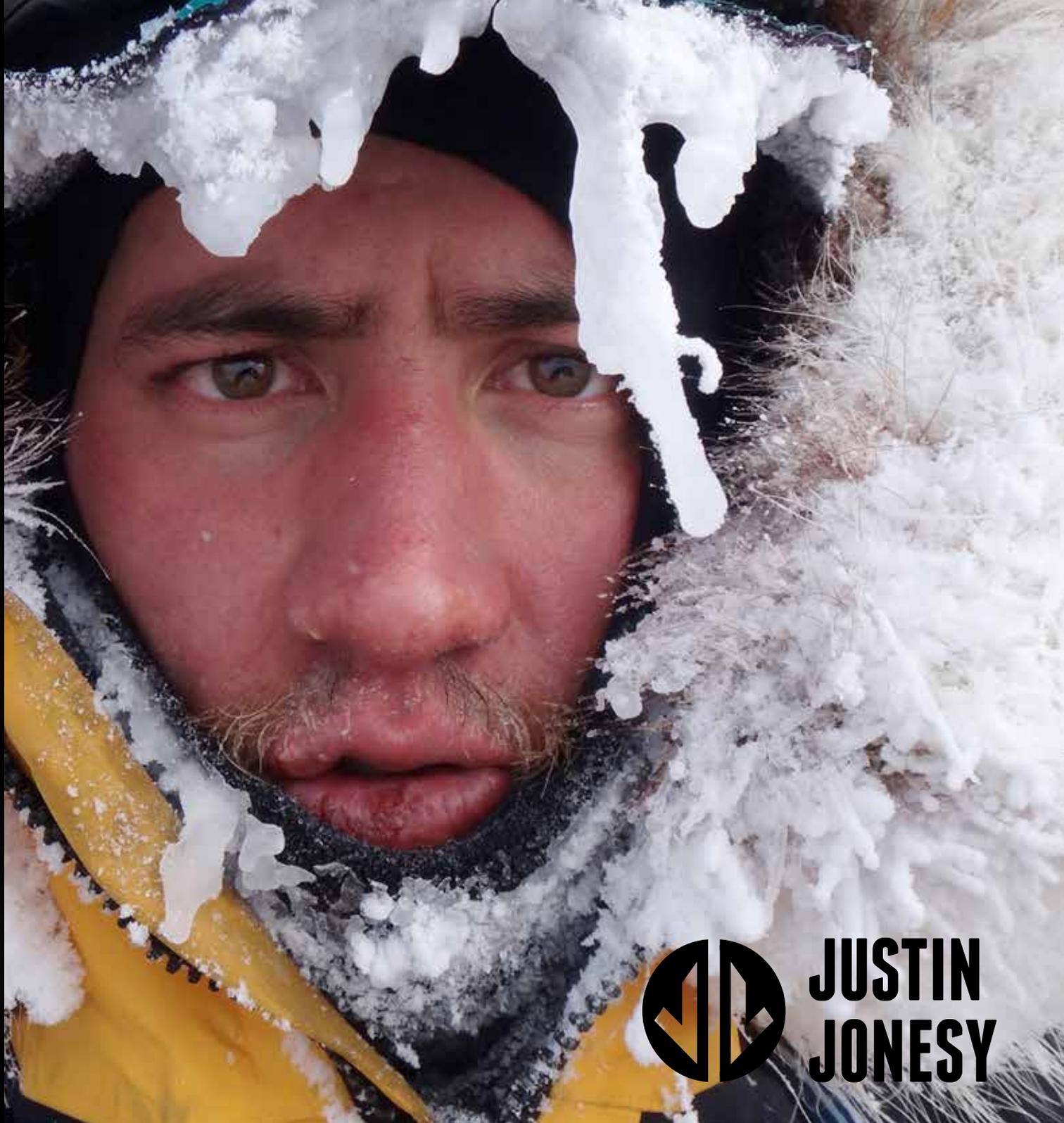


**JUSTIN  
JONESY**

*"The price of anything is the amount of life you exchange for it"*

**-Henry David Thoreau**

- First unsupported kayak expedition from Australia to New Zealand (62 days, 3318 km)
- First unsupported expedition from the coast of Antarctica to the South Pole and back (89 days, 2275 km)
- First kayak traverse of the Murray River (49 days, 2560 km)
- Dual Guinness World Record Holder
- Award winning film maker
  - 16 international film festival awards
- Delivered keynotes to over 220,000 people internationally



**JUSTIN  
JONESY**



## ABOUT JONESY

Justin Jones (or other wise affectionately known as Jonesy) is one of Australia's premier motivational speakers and extreme adventurers. Constantly pushing the boundaries of human endurance he has undertaken a number of large scale expeditions over the past 14 years. Two in particular have captured global acclaim and attention.

### CROSSING THE DITCH

In 2007/8, Jonesy along with expedition partner, James Castrission paddled a kayak unsupported from Australia to New Zealand. The journey was anticipated to cover 2200 km and take approximately 40days.

On the journey however they were beset by sharks, 10 metre (33 ft) waves, storms, howling winds, adverse currents and extreme food and sleep deprivation. After paddling **3318 km** over **62 days** they finally staggered ashore setting a **world record** for becoming the longest supported double kayak expedition and the first people to cross the Tasman Sea by kayak.

Not only was this expedition a huge physical challenge but a phenomenal logistical puzzle. Jonesy spent over 3.5 yrs putting together the plans and processes, designing and building the kayak, and training/upskilling for this expedition.



# ABOUT JONESY (CONT..)

## CROSSING THE ICE

In 2011/12 he then skied from the edge of Antarctica to the South Pole and back over **89 days** (again with James) setting **another world first**. This was the first time this had been completed, in an unsupported and unassisted manner. It became the longest unsupported polar expedition ever undertaken.

Pulling loads that started at 160 kg and in temperatures as cold as -40 C, they skied **2275 km** struggling with unseasonable blizzards, whiteouts, frostbite, crevasses, and severe food deprivation. Over the course of the expedition Jonesy lost a staggering 30 kg (66 lbs) of body weight. This adventure set a new benchmark and raised the bar of polar exploration globally.

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Justin has completed a Bachelor of Advanced Science with Honours at the University of New South Wales, after attending Knox Grammar School in Sydney. He has also attained further qualifications with Diplomas in Event Management and Outdoor Recreation.

Jonesy can also add producer to his repertoire. Documentaries that he has produced and directed have received critical acclaim, winning 16 international film festival awards. They have been played in every corner of the planet. He has also presented in and produced a TV special for the National Geographic Channel in North America. Especially impressive considering he has no formal training in film production!

A gloriously ordinary bloke...he is the perfect example of how determination, detailed planning and foresight can enable the most 'normal' of us to undertake the most extraordinary feats.



**JUSTIN  
JONESY**

# PRESENTATIONS

Since returning from the Tasman expedition Jonesy has been on the corporate and public speaking circuit, giving keynotes highlighting pertinent themes to business and facilitating workshops globally, to over 220,000 people. **Humble, charismatic** and **inspiring** - he leaves you with the belief that anything is possible.

His presentations are enhanced by jaw-dropping video clips and stunning photography from his adventures. The old saying a picture paints a thousand words only partly explains the profound impact his multi-media has. Because much of it is unique and beautifully captured - it sticks. People remember the imagery, and the inspiration long after the conference is over.

## KEYNOTES

Jonesy's presentation is perfect to open or close a conference, motivate staff or provide an inspirational after dinner speech. This young and savvy adventurer has created **two unforgettable presentations**. Stunning footage and imagery have been craftily moulded to convey messages that all can learn from.

### I) Daring to dream then riding out the storm

The story of why two young successful Aussies sacrifice everything to achieve a seemingly impossible dream; to become the first to paddle across the Tasman Sea. In this mindblowing account, Jonesy shares with the audience what life on the Tasman was like; the good, the bad, every lesson learnt, and every wave inbetween.

### II) To hell and back: A journey across a frozen wasteland

Starting with very limited experience, Cas and Jonesy spent years researching, consulting with international experts, training in the Arctic and NZ, and rehearsing the skills needed to survive in the highest, driest, windiest and coldest place on Earth.

On the ice they were pushed to their very limits and almost didn't return; Antarctica was a ruthless mistress. Staring at the brink of death and defeat, they were able to methodically refocus and regain control over their fate and ultimately, succeed. The end to this journey will move the stoniest of hearts.





# PRESENTATIONS (CONT...)

## THEMES

Jonesy craftily weaves themes learnt through a life of extreme adventure into all his presentations. His practical business and university science foundation allows him to draw on relevant anecdotes to convey crucial lessons pertinent to business. Some of these themes include:

- planning
- goal setting
- overcoming adversity
- risk management
- teamwork
- motivation

Depending on the client's needs, he can subtly touch or make these themes more explicit.

## WORKSHOPS

Jonesy's workshops strongly focus on interactivity and participation. Using the vessel of his expeditions he works tirelessly to help you achieve the goals determined prior to the workshop. More than anything he wants your team to walk out of the room empowered and willing to apply the lessons he has learnt from the most hostile environments in the world.

### I) Conquering the Tasman: The sum of many parts

Focusing on the kayak across the Tasman, Jonesy explores in depth, the lessons learnt from this expedition. Your team will go on a journey running down every wave and crisis met, and facing the decisions that had to be made by Cas and Jonesy in the middle of the Tasman Sea. Your team will make decisions and then analyse what went wrong and why.

### II) Antarctica: an expedition into resilience

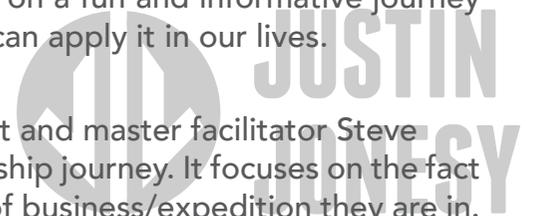
Down in Antarctica, you have to be reliant on only you and your team. All the plans that you have put together over the previous 3 years culminate in the next 3 months. In a blizzard, there is no rescue. This workshop focuses in particular on the consequences of one's actions and the resilience needed to overcome crippling adversity.

### III) Lessons learnt from Adventure

Focusing on the 12 lessons that he has learnt from Adventure, this workshop uses both expeditions and all his experiences to take the audience on a fun and informative journey through what adventure has to teach us all and how we can apply it in our lives.

### IV) Business Growth: A leadership journey

Jonesy has partnered up with management consultant and master facilitator Steve Lennon to create a punchy workshop aimed at the leadership journey. It focuses on the fact that no leader is perfect but has to adapt to each stage of business/expedition they are in.



# TESTIMONIALS

*"This is the gripping and inspirational account of two ordinary blokes deciding to shake off their slack city ways, climb out of their fat comfortable ruts, and use their brains, their brawn and their sheer awe-inspiring courage to turn themselves into modern-day supermen and double handedly prove that the Age of Adventure is not over"*

**PETER FITZSIMONS - BEST SELLING AUTHOR,  
EX-WALLABY**

*"At first you ask 'Why'? Why do some individuals risk everything to test the boundaries of endurance? Like all great stories this one offers answers. Through its humour and tears, its aspirations, perils, follies and ultimate triumph we learn what it is to be human. That, together, we negotiate the chaos of the world by relying on the better, more heroic, parts of ourselves."*

**GEORGE MILLER – OSCAR WINNING DIRECTOR**

*"...one of the greatest adventure stories of this decade!"*

**DICK SMITH - ADVENTURER AND ENTREPRENEUR**

*"Excellent - Justin was amazing - a story that touched our audience and left a lasting impression. You could hear a pin drop and standing applause at the end."*

**HARCOURTS REAL ESTATE**

*"His ability to describe their incredible adventure in a light-hearted and entertaining way was also balanced with clear messages of the importance of planning, teamwork and persistence, giving our clients and lawyers a lot to talk about after the presentation."*

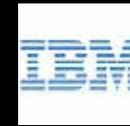
**MINTER ELLISON LAWYERS**

*"It's more than a tale about two mates and their passion for adventure. It's a story about mindset; the influence of positive thinking. It's a story about planning; a well thought out approach. It's a story about what to do when things don't go your way; risk taking and risk mitigation. It's a story about motivation, sheer grit and determination; a genuine desire to never give up no matter what. But most of all it's a celebration of success: a wonderful journey with one of the finest young Australians you and your business partners will ever meet"*

**ING DIRECT**

*"They spoke of their adventure with a great balance of facts, emotion and humour, and most importantly, they linked in very well with our conference themes of planning and team-work."*

**FOSTER'S GROUP**

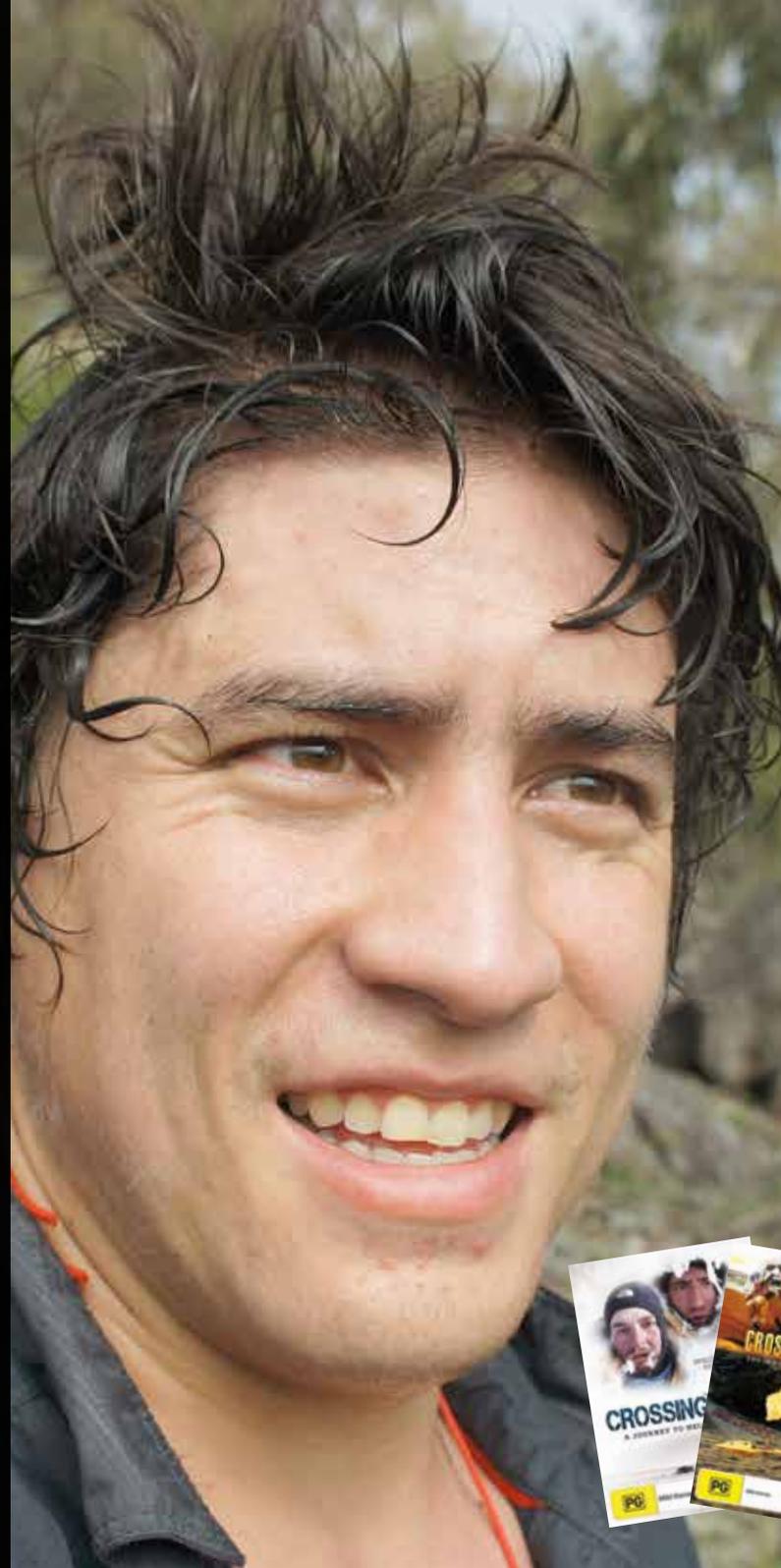
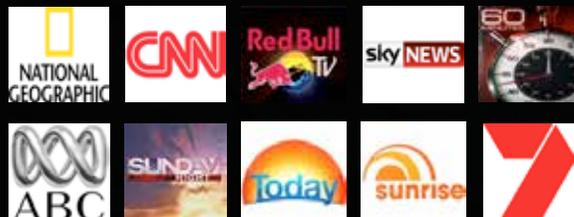


## SELECTION OF CLIENTS

# A FEW MILESTONES

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- First unsupported expedition from the coast of Antarctica to the South Pole and back (89 days, 2275 km)
- First kayak traverse of the Murray River (49 days, 2560 km)
- Crossed Bass Strait in a kayak (9 days, 360km)
- Reopened a lost trail in the Okefenokee Swamp, Georgia, USA
- Multiple mountaineering summits; NZ, Indonesia and Australia
- Polar training expeditions, Baffin Island 2011 and Northern Canada 2014
- Run numerous ultra marathons (including 88km with a broken leg)
- Dual Guinness World Record Holder
- Award winning film maker  
- 16 international film festival awards
- Australia Day Ambassador & Australian Geographic Young Adventurer of the Year

## DOCUMENTARIES HAVE BEEN FEATURED ON



## FILM FESTIVAL WINS



If you're looking for a dry business style speaker then unfortunately you'll have to keep looking.

If you want a **engaging, funny, honest** and **thought provoking** speaker, who can take you on a roller-coaster ride of emotions all the while covering themes such as **risk mitigation**, mental tenacity, facing adversity, leadership, teamwork under pressure and simply **getting stuff done** when the odds are stacked against you... then get in touch.

I look forward to working with you on your event.

*jonesy*



**JUSTIN  
JONESY**

# FOR MORE INFO...

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