SPEAKER PROFILE

PARIS NORRISS

EXPLORER / FILMMAKER / SPEAKER



Resilience, earned.

Extraordinary adventures.
Practical lessons for high-performing teams.

THE GRIT CODE

KEYNOTE & LEADERSHIP SPEAKER

THE STORY

Adventure tested. Boardroom ready.

From rowing across the Pacific to completing **seven marathons on seven continents in 5 days and 21 hours**, Paris Norriss turns extraordinary endurance experiences into real-world strategies for resilience, leadership and performance under pressure.

7 × 7

MARATHONS / CONTINENTS
IN 5 DAYS, 21 HOURS

4,800 km

PACIFIC OCEAN ROW
COMPLETED IN 2023

22M

GLOBAL VIEWER REACH
ACROSS 123 COUNTRIES

SIGNATURE KEYNOTE

THE GRIT CODE

GRIT WINS. IN BUSINESS. IN LIFE. IN THE BOTTOM LINE.

THE KEYNOTE

Grit is a skill. Not a slogan.

Success in business demands the ability to **adapt, solve problems under pressure and keep going** when the path changes. Through ocean rowing, extreme endurance challenges and stories from the world of adventure, Paris brings **The Grit Code** to life: a practical approach to building the mindset and habits that help people and teams thrive in uncertainty.

AUDIENCE TAKEAWAYS

- **RESILIENCE**
  Strengthen grit through action.
- **FOCUS**
  Make better calls under pressure.
- **ADAPTABILITY**
  Turn setbacks into opportunity.
- **TEAMWORK**
  Sustain performance together.

BEYOND THE STAGE

Founder of **Blazing Sand Studios** and host of adventure series **Guy in the Sky**, Paris is an affiliate member of **UN Tourism**. His productions have reached audiences through Amazon Prime, Apple TV and major airlines. His 2023 Pacific row raised **£150,000** for marine conservation.

FEATURED / PARTNERED WITH

Land Rover · TAG Heuer · Oakley
Dubai Eye Radio · The National
Global tourism & adventure brands

> “Paris Norriss is a true adventurer and entrepreneur. ... His story showed our team what the world has to offer, to be resilient and how important teamwork can be especially in times of hardship.”
>
> **COMMANDER TOM PLUMB** US Army, Fort Shafter, Pearl Harbor

SELECTED ENGAGEMENTS

US Military / Expo 2020 / COP28 / DHL / Arabian Travel Market / Dubai Airports

BRING THE GRIT CODE TO YOUR EVENT

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