



# Sam Cawthorn

## // Resilience

*"Sam is an ordinary guy who has lived an extraordinary experience. He shares his story in a simple down to earth way that makes it accessible to a wide audience. Sam is Inspirational !"*

The O Group

## Biography

Life after death is a subject most of us will never live to tell, except in the case of the remarkable Sam Cawthorn. In October 2006 Sam's life changed forever when he was involved in a major car accident, where he was pronounced dead. He was thankfully resuscitated, but left with an amputated right arm and a permanent disability in his right leg. Sam was told that he would never walk again. A year later Sam defied all odds taking his first steps into a new life, where his story would continue to inspire and change the lives of people all over the world. It was Sam's difficult journey that enabled him to develop a mental resilience and strength, that allowed him to miraculously recover from an accident that could have taken his life. Sam's story is simple, yet his message demonstrates the awesome power and strength found within the human spirit when faced with the choice to continue living as a victim of a tragic accident, or to make a choice to seize the opportunity of 'life'.

## Programs

### Bounce

In crisis situation we often feel clouded in our thinking and unable to gain clarity around what steps we need to make, in order to 'Bounce Back'. It is in these challenging times we need to confront our mindsets and fear, allowing our true inner strength to emerge.

### Building the Bridge

At one time or another we have all heard the phrase 'Get Over It', yet when faced with a crisis we require specific tools to build our bridge and move forward. In this session Sam outlines specific tools to build your own bridge to the future.

### The Power of Positive Perception

The way we see our world and create our reality, is determined by our choice to allow negative self talk to control our destiny or to live with a positive mindset. In this session, Sam shares the keys to keeping an open mind and developing an 'opportunistic vision'.

## Past Clients

Optus, Shadforths Limited, Commonwealth Bank, Scope, ING Australia, NIBA, Local Government Learning Solutions



VIDEO



WEBSITE



BLOG