

*"He can inspire runners and non-runners equally with his sense of dedication and focus that we can adapt to our own goals."*

Dr Farah Adeeb  
Manager  
Department of Environment and Conservation

*"Grahak's presentation was first class and he was an inspiration to all attendees. The subject matter covered personal and business goals and he is to be highly commended."*

John Davey  
Corporate Membership Director  
West Australian Business Club

*"Grahak's talk gave our staff an insight into the way that people drive themselves to achieve difficult goals and push themselves well beyond their perceived limitations."*

Greg Gaunt  
Managing Partner  
Lavan Legal

***"The distances he runs are beyond the realms of even the toughest athletes."***

Ultrafit Magazine

Grahak Cunningham is a peak performance trainer, facilitator and athlete. He holds Australian running records for distances from 1000 miles to 5000 kilometers.

Harnessing 15 years in sales and marketing in the medical industry and as a four time finisher and 2012 champion of the 3100 Mile Race, the longest race in the world where runners compete for 18 hours a day for 51 days, Grahak knows what it takes to develop and encourage potential.

***"One of the world's most extraordinary athletes."***

NZ Herald

## Grahak Cunningham

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## Grahak Cunningham



Setting targets  
**Striving**  
Getting there  
**And going beyond**  
Means you have  
**Gone the distance**

CONSULTING  
TEAM BUILDING  
LEADERSHIP  
STRESS MANAGEMENT  
KEYNOTE SPEAKER

## KEYNOTE PRESENTATIONS (30-90 minutes)

Grahak is one of Australia's best motivational speakers and conference speakers and is a member of the National Speakers Association. Challenging himself to go beyond what he thought was possible; he shares ways we can accomplish our personal and professional goals. Keynote presentations are adapted to the theme of the event and cover topics such as

- Mental toughness
- Goal setting
- Perseverance
- Leadership
- Health and wellbeing

## STRESS MANAGEMENT (half day to two day seminars)

Run dynamically to your targets without tipping over the edge.

Learn to reduce unnecessary stress so you can perform at your peak, working efficiently and effectively.

- Improve work ethics
- Reduce staff turnover and sick leave
- Learn stress management techniques
- Increase staff health & wellbeing



# Set Goals and Go the Distance

Grahak is an ordinary Australian who dared to challenge the impossible. First hearing about the world's longest race in 2002, it was a five year journey for him to make it to the start line in 2007.

Founded to exemplify the endless possibilities of the human spirit, the Self-Transcendence 3100 Mile Race is held annually around an 883 meter concrete block in Queens, New York. Runners are given from 6am till midnight for 51 days to complete the almost 5000 kilometer distance. Grahak committed himself to what was required to make the finish line and completed his first race in 50 days.



## flexible training, seminars and presentations for your business needs

### INSPIRING SOLUTIONS

Grahak dealt with monotony, fatigue, pain, injuries and sleep deprivation using qualities of determination, inner strength, perseverance and focus. Skills that we can all utilise in our personal or business environments.

After finishing the race he started to share and adapt his experiences with those around him and found that the inspirational journey of challenging ourselves is something that everyone can relate to. There is no end to how far we can go when we apply the simple principle of never giving up.

As far as going beyond previous achievements, Grahak saw further scope for potential. Returning to the race three times he reached the podium in all his subsequent finishes, eventually winning the international event in 2012. Taking a week off his initial time he finished in 43 days, averaging 115 kilometers a day.

### KEY THEMES

The key themes in his adaptable seminars, training sessions and keynote presentations convey to the audience the necessary values to achieve goals, how to reach them and then go further. This includes:

- Inspiration and motivation
- Leadership and team dynamics
- Overcoming hurdles and setbacks
- Patience, fortitude and perseverance
- Planning and developing strategy



Based in Perth, Grahak tours Australasia and North America with his professional presentations. Besides running Grahak is a keen tennis and squash player and avid surfer and holds a Major in Pharmacology.



### TEAM BUILDING (half day to full day workshops)

Teams need to be aligned with common objectives and goals in today's changing world and market place.

Team cohesion is crucial to business success and growth. Draw on Grahak's experience in engaging and fostering team cultures and

- Improve workplace communication
- Align management & staff goals
- Achieve business outcomes & team decision making

### LEADERSHIP (half to full day workshops)

Run towards developing leadership in your workplace.

Leaders are both born and developed. Grahak's experience in leading teams in ultra-running competitively and commercially (he has organised team runs around Iceland, New Zealand and across the Nullarbor) has developed skills which recognise innovation, fortitude, planning and risk assessment.

Grahak's leadership program

- Engages, develops and empowers leaders
- Catalyses & inspires inspiration
- Fulfills staff potential