



Greig Trout

Greig Trout is the founder of **101 Things To Do When You Survive**, a website and initiative designed to inspire people to live fulfilling lives and pursue their dreams, whilst helping others along the way.

About Greig

In 2013, after recovering from cancer for the second time with just one kidney, part of his large bowel missing, deep vein thrombosis and coping with the effects of PTSD, Greig created **101 Things To Do When You Survive** and set off on a two year adventure around the world.

101 Things To Do When You Survive

The original aim of **101 Things To Do When You Survive** was to help people experiencing ill-health to feel excited about the future, instead of fearing it. But it has become about much more than that, and has appealed to a far wider audience than Greig ever imagined. Throughout his travels, Greig wrote a highly acclaimed blog at www.whensurvive.com and also made videos of his journey.

On his two year journey Greig travelled through 23 countries, ticking things off his 'anti-bucket' list including hiking through Patagonia, boarding down a live volcano and even singing on stage at the Sydney Opera House on live TV, to name but a few. He also volunteered, fundraised for various charities, raised awareness of mental health issues and most importantly inspired people to believe that anything is possible.

In 2014 he was named in the Independent on Sunday's 'Happy' list which comprises the top 100 people in the UK that make life better for others.

"Greig is truly one brave man, and is determined to shine a light and help inspire those who have faced real battles. I admire his courage and resolve so much. No wonder he is a Scout"

Bear Grylls - TV Presenter and Adventurer

101 THINGS TO DO WHEN YOU SURVIVE



Greig Trout

Inspirational Speaker

101
THINGS TO DO
WHEN YOU
SURVIVE

Greig's Presentations

Greig's talks are customised to meet your specific needs and are renowned for being both motivational and inspirational. Drawing on his own life experiences of his journey through cancer and of course, **101 Things To Do When You Survive**, Greig takes the audience on a rollercoaster journey from the despair he felt when diagnosed with cancer for the second time, to the elation and happiness he felt not just when travelling the world but also in the year leading up to his epic adventure.

Learning Outcomes

Delivered in a fun and dynamic way using a range of awe inspiring images, Greig discusses the following topics which are designed to help students overcome their own personal conflict and help motivate them in taking the first step towards achieving their life goals:

- ✓ **VISUALISATION**
- ✓ **DEALING WITH ANXIETY**
- ✓ **RESILIANCE**
- ✓ **BODY DYSMORPHIA**
- ✓ **GOAL SETTING**
- ✓ **SELF BELIEF**
- ✓ **PROACTIVITY**
- ✓ **POSITIVITY AND ENTHUSIASM**
- ✓ **HELPING OTHERS**

Greig achieved this and he firmly believes that everyone else can do the same. Students are guaranteed to leave this talk with more than just a nice story to remember.

It is the ultimate guide to happiness and well-being and will inspire students to believe that anything is possible.

BOOKING

If you would like to book a talk please get in touch to discuss suitable dates and fee. 10% of Greig's fee will be evenly donated to immunotherapy research charity, Topic of Cancer for which he is a trustee and children's mental health charity, Young Minds.

greig@whenyousurvive.com

Tel: +44 (0)7947 118 169



"Greig came to speak to our Year 11 and sixth form students just as they were beginning mock examinations and revision, giving them a much needed boost. He told his fascinating and inspirational narrative with tons of humour and put the audience through many emotions while tailoring the talk to our own situation. Members of staff said that Greig was very inspirational and students said it was the best assembly ever. One form tutor told me "My year 11 were all so impressed by what they heard yesterday, the visit has made a big impact on them!" I will be reminding our students about the buzz you get from positive visualisation and knowing that you are going to achieve your goals."

**Mr D Rankin, Assistant Headteacher,
St Thomas More Catholic Academy, Stoke**