

Damian Browne - Mindset

Damian Browne is an extreme adventurer, peak performance athlete and International keynote speaker from Galway, Ireland. During a 16-year career as a professional rugby player, Damian donned the colours of some of rugby's European elite, including Northampton Saints & Leinster; where he won club rugby's biggest prize, The Heineken Cup.

Since retirement from professional rugby, Damian has become one of the World's foremost extreme adventurers; undertaking some of the most demanding physical and mental challenges on the planet, including the 257km Sahara Desert ultra-marathon, The Marathon des Sables, rowed solo and unsupported, 5000km across the Atlantic Ocean and has currently climbed 5 of the 7 Summits, a renowned mountaineering feat..

Topics Covered:

- Resilience
- Mindset – Goal Setting
- Senior Leadership

