



Debra Searle

ADVENTURER / EXPLORER · SPORTS PERSONALITY

Professional Adventurer & Entrepreneur (Mindset & Resilience Speaker)



About:

- **Gender:** Female
- **Languages:** English
- **Travels from:** United Kingdom

Engagement Types:

- Guest Appearance
- Panel Participation
- Speaking

Topics:

- Crisis Leadership
- DEI (Diversity, Equity & Inclusion)
- Executive Development
- Growth Mindset
- Leadership & Management
- Mindfulness & Resilience
- Motivation and Inspiration
- Peak Performance
- Personal Development

Biography Highlights

- Debra Searle MVO MBE is a professional adventurer and serial entrepreneur. Her expeditions have taken her across the Atlantic, around Antarctica, up to the Arctic Circle and everywhere in between. She has also launched five companies, is a published author, has presented over 40 programmes for the BBC and is a trusted corporate speaker. The movie of Debra's story of rowing solo across the Atlantic after her husband was rescued is currently in development in Hollywood.

Biography

Meet Debra Searle

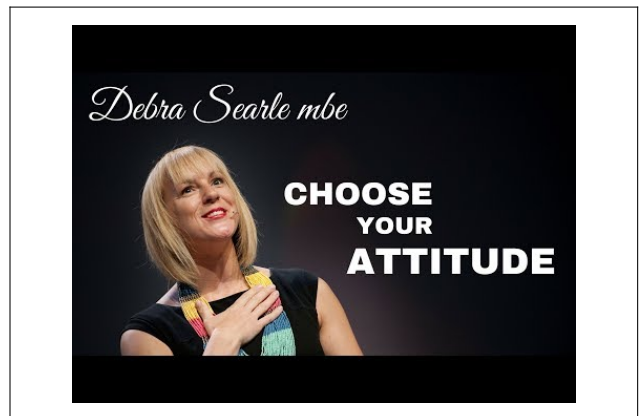
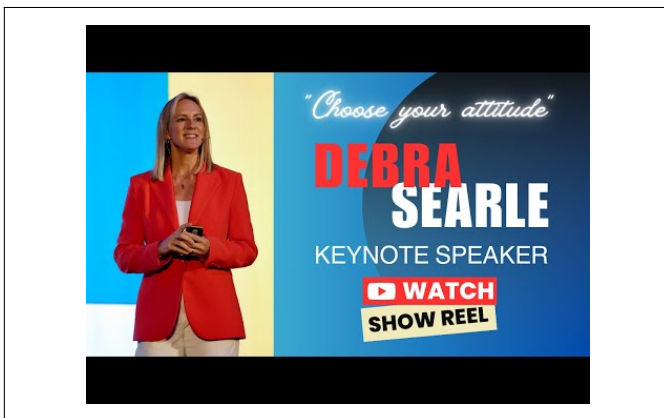
Debra Searle MVO MBE has an extraordinary story! She first hit the headlines when she set out to row across the Atlantic with her husband – a 6'5" international oarsman. Unfortunately, he had to be rescued so Debra, a novice rower, continued alone without a support boat and rowed 3300 miles from Tenerife to Barbados. It should have taken them six weeks, but Debra ended up spending 3 ½ months at sea alone and unsupported, encountering 30' waves, sharks, and force 8 squalls in her 23-foot plywood boat. Since returning from this adventure, Debra has undertaken solo and team expeditions across the globe. She has also represented Great Britain at European and World Championship level in Dragon Boat Racing winning

bronze, silver and gold medals.

Debra has spoken at well over 1100 events around the world, across every industry sector but she is more than your usual sports speaker. Debra has founded 5 companies including MIX Diversity, a Diversity & Inclusion consultancy, so is able to speak with authenticity about what it takes to succeed in business. She has presented 40 programmes for the BBC and had 3 books published. Her spirit of adventure gained her an MBE from Her Majesty The Queen and she spent 10 years on the board of a charity with two members of the Royal Family, so has great board-level experience to share. In 2023, a British newspaper listed Debra as one of the World's Top 50 Inspirational Leaders. Debra has been appointed a Member of the Victorian Order (MVO) for her services to the Royal Family.

In 2022, Debra was ranked no.3 in the World's Top 30 Motivational Speakers, after Simon Sinek at no.1 and Tony Robbins at no.2, making her the highest ranking female motivational speaker in the world. The movie of Debra's solo Atlantic row is currently in development in Hollywood.

Videos





Debra's Topics

CHOOSE YOUR ATTITUDE: IT'S NOT MAGIC, IT'S MINDSET

Research shows that 75% of a top performer's success can be attributed to positive attitude traits, with only 25% of their success attributed to their skillset. Debra helps people tap into that 75% by sharing her amazing personal story of rowing the Atlantic solo after her husband was rescued from their small boat. In her speech, Debra shares the attitude enhancing tools she relied on during those 111 days alone at sea and how she now uses them in her business life. More than just an inspiring storyteller, Debra leaves her audiences with practical and actionable golden nuggets for work and life success, and ideas around how to stay connected as a team. Her 'Choose Your Attitude Toolkit' helps leaders and individuals to support themselves, rather than sabotaging themselves mentally when the pressure is on, so they can show up well for their colleagues and clients.

Available: Virtually

PRACTICAL TOOLS TO STAY MOTIVATED AND BUILD RESILIENCE

There aren't many people in the world who have spent more than 100 days totally alone at sea, and there are probably even fewer who could say that they thrived during those 100 days. Debra Searle MBE spent 3.5 months unexpectedly rowing the Atlantic solo after her husband and rowing partner developed a crippling phobia of open ocean and had to be rescued from their tiny plywood boat. You don't survive an experience like that without clear strategies for remaining resilient and carefully guarding your mental and physical wellbeing. In these challenging times of high inflation, hybrid working and geopolitical unrest, Debra presents the mindset and wellbeing strategies she has adapted from her time at sea and that she has successfully brought into daily life. This session is about hearing an inspirational story of resilience and the practical ways to stay positive and productive during times of adversity. The audience will leave re-energized and ready to go again.

Available: Virtually

CHOOSE TO CHALLENGE

(Ideal for International Women's Day/Women in Leadership Events or Female Talent Development Programmes)

Debra took on her first board position at 27 years old, working with members of the British Royal Family. As the youngest and only woman on the Board, it challenged her confidence and courage to speak up and be heard. But Debra is no stranger to challenging herself! Debra has founded five businesses, one of which is a Diversity, Equity and Inclusion Consultancy, has completed expeditions all around the world, and co-founded The Businesswomen's Network Forum based out of Buckingham Palace. In this inspiring talk for women and male allies, Debra uses storytelling to demonstrate how to choose to challenge yourself, how to challenge unconscious bias and how to challenge imposter syndrome to push yourself outside your comfort zone to make major step changes in your career and confidence. This talk is a rare combination of high adventure, while communicating important messages around the value of inclusion and how we can all play our part to overcome bias.

Available: Virtually

Wellbeing techniques to expand our ability to tolerate the challenges.

Available: Virtually

How to keep going when the journey only seems to be getting harder.

Available: Virtually

Finding a way to innovate when pushed outside our comfort zones.

Available: Virtually

Taking personal ownership as an individual while performing as part of a team.

Available: Virtually

Leading through change / Strategies for not just coping but excelling during times of adversity.

Available: Virtually

Women In Leadership and how to manage Unconscious/Implicit Bias.

Available: Virtually

Testimonials

“

Her feedback scores were phenomenal – the highest ever. Her slides were the earliest we've ever received. She was dressed impeccably. She stayed for the entire event and even incorporated what she'd heard earlier in the sessions making it totally relevant. The most professional speaker we've ever booked!

LCP

“

She scored 5 out of 5 from every one of the 170 delegates. This is unheard of at an IBM event!

IBM

“

The way you translated your experience into actionable day to day practices to change behaviour and get into a positive mindset is very powerful.

Biogen

“

Your insights have certainly inspired the team to challenge the status quo and dig deep within, to achieve what feels like the impossible.

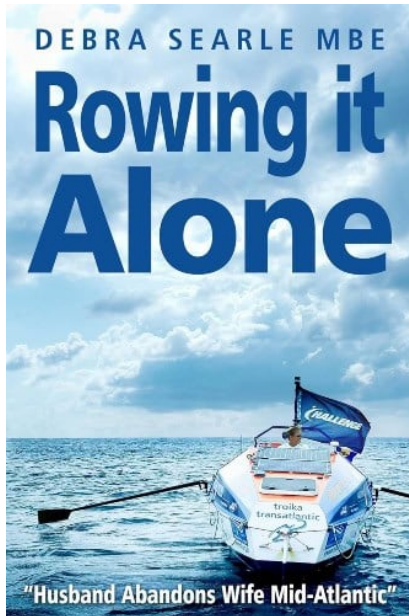
Google

“

You were a HUGE hit. The sessions have been littered with references to choosing our words, our attitude and extending our comfort zone! So many of the delegates came to find me to tell me how moved and inspired they were by your story and to congratulate me on my choice of external speaker.

ODEON

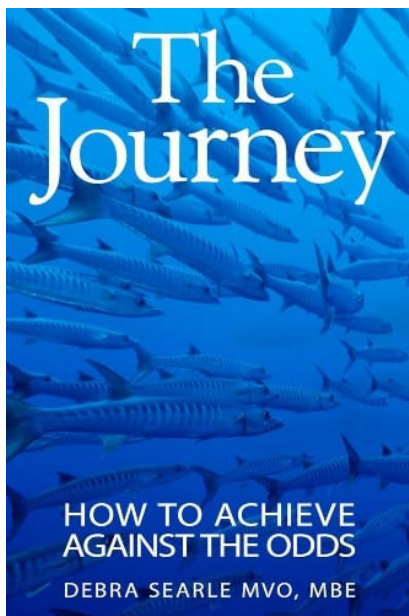
Books



Rowing It Alone

When Debra Searle and her former husband Andrew Veal entered the 3,000 mile Atlantic Rowing Race they believed that their profound knowledge of each other would give them the edge over the other – mainly male – competitors. Yet during their first night in open waters they were confronted with a discovery that would leave their Atlantic bid in tatters: Andrew, an experienced rower, was suffering from an uncontrollable fear of the ocean. Try as they might to overcome this, by day eight Andrew’s distress had become unbearable for both of them. After a night of soul-searching, Andrew resolutely decided to give up. Debra should have bowed out of the race with her husband and team-mate, but she was relishing the journey and wanted to see how far she could go as a solo-rower. Word of Debra’s adventure led to international press coverage and she then received thousands of text messages from well-wishers who were keenly following her progress. Against all the odds, after 112 days, Debra completed the 3,000 mile voyage and landed in Barbados. Rowing it Alone is Debra’s deeply personal account of her epic adventure – both in terms of distance and emotional growth. She explores her motivation and the reserves of solid determination that literally kept her afloat in the face of physical dangers and emotional lows. She shares her moments of sheer peace and happiness, away from the bustle of modern living. Debra’s honesty and warm personality shine through in this inspiring story. She reveals how her achievement has affected her life – and marriage – and talks about how it feels to succeed against the odds. This is so much more than a book about rowing – it is about the adventure of life and love and the challenge of commitment.

[BUY THE BOOK](#)



The Journey: How To Achieve Against The Odds

When Debra Searle and her former husband Andrew signed up to compete in a double-handed rowing race across the Atlantic Ocean they believed their combination of skills would see them victorious over their all-male competitors. Yet during their first night in open waters they were confronted with a discovery that would leave their transatlantic bid in tatters: Andrew, an experienced rower, was suffering from an uncontrollable fear of the ocean. Try as they might to overcome this, eventually Andrew realised he would have to give up. Seizing the opportunity to pit herself single-handedly against the ocean, novice rower Debra spent over three months tackling one of the world's toughest sporting challenges on her own, at the same time testing the limits of her psychological strength and endurance. This is Debra's account of that solo journey, in which she dramatically conveys the feelings of exhilaration, the emotional lows, the inner calm, the loneliness, and the final triumph. The Journey explores the techniques Debra used to remain motivated and determined to finish despite the odds being stacked against her. Ultimately this book is about how to achieve against the odds.

[BUY THE BOOK](#)

Speaker Bureaus And Talent Agencies

Debra Searle is available to book via these agencies

✔ **Recommended**



Speaking Agency