



## **BIO:**

Sebastian is a changemaker, best-selling author and thought-leader. Residing in LA, California, Seb still has a cheeky Australian accent and his passion for life is evident in everything he does, from surfing and traveling, to writing and keynoting.

With 12 years of keynoting, Seb continues to create huge impact from stage through the experiences he customizes, ultimately connecting and transforming his audiences in ways only he can.

Coining the phrase, *The Passion Effect*, Seb's passion to see others achieve has seen him use his one-of-a-kind story and custom models to create a positive ripple for peak performance, wellbeing and thriving workplace culture

***“Seb’s philosophies, tools and processes will unleash anyone’s ability to put aside procrastination and prioritize what’s truly important to them in living a happier and healthier life. Time with Seb is a gift and one my whole team and I will forever be grateful for - it’s nothing short of life changing”***

Nick Drake- CMO Google

Shocked by the death of a close friend in his mid-twenties, Sebastian experienced a moment in his life where he asked himself a simple question; ‘Am I happy?’.

The answer was **NO**, and so, he created a list of [100things](#) that he hoped would bring him closer to a sense of happiness, if not purpose, in life.

Dropping everything, Seb has been chasing down the goals on his list and teaching others how to do the same for over 15 years.

From Marrying a Stranger in Vegas (Goal #2) and Delivering a Baby (#23), to Living on a Deserted Island for 1 week (#63) and even helping a quadriplegic man complete a half marathon by pushing him (#26), Sebastian's story has been turned into a best selling book, his own reality show and a renowned keynote that has inspired millions of people around the world.

The impact of time and experience has helped shape Seb's journey from the pursuit of fun and exciting life goals to the realization that these strategies transfer to the mechanics of organizational health. Complemented with his breakout sessions and additional virtual programming, Seb ensures that his inspiration and motivation is supported with ongoing frameworks that allow long-term change in the audiences he is fortunate enough to meet.

***“Honestly, it was just great!”***

Nick Tran- CMO TikTok

Often noted as the highlight of any conference he presents at, Sebastian's keynote is an experience that will make you audience laugh, think, cry and ultimately take action.