

Connor Emeny

World-Record Holding Athlete & Author of All In on Resilience and High Performance

RESILIENCE · MENTAL TOUGHNESS · GOAL SETTING · HIGH PERFORMANCE · ADAPTABILITY · MINDSET

THE PITCH

An Ironman-on-seven-continents record holder translating extreme endurance into repeatable team habits for bold goals and messy conditions.

FULL BIO

Connor Emeny is a world record-holding endurance athlete, adventurer, and author who lives by the mantra Dare to Dream. He is the youngest person on Earth to complete an Ironman on all seven continents, a feat that took four years, relentless determination, and an unshakable belief in what's possible.

His journey was far from easy. Racing across diverse terrains—from the scorching heat of Africa to the icy extremes of Antarctica—Connor faced grueling physical and mental challenges. Chasing Antarctica, the final and most difficult leg of his mission, pushed him beyond his limits. To even reach the starting line, he and his team had to endure a 23-day sailboat expedition across the notorious Drake Passage, navigating some of the roughest and most unpredictable waters on the planet.

But Connor's story isn't just about endurance sports—it's about breaking barriers, defying expectations, and proving that anyone can achieve the extraordinary when they commit fully to a goal. He believes that resilience isn't just about surviving obstacles but about embracing them as opportunities for growth.

Now, through his speaking engagements and his book All In, Connor inspires teams, leaders, and organizations to rethink their limits, step outside their comfort zones, and cultivate a mindset of perseverance, adaptability, and bold action. His journey is proof that when you go ALL IN, you unlock potential far beyond what you thought was possible.

CONNECT

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SIGNATURE KEYNOTES**ALL IN: The Mindset to Break Barriers & Achieve the Impossible.**

Every organization talks about pushing limits, adapting to change, and staying resilient—but what does that actually look like in action?

Connor Emeny knows firsthand. As the first person to complete an Iron-distance triathlon on all seven continents, he's faced extreme conditions, unpredictable challenges, and moments where quitting seemed like the only option. But through grit, adaptability, and the power of teamwork, he found a way forward—again and again.

His journey isn't just about endurance sports—it's about the same mindset and principles that drive success in business and leadership. Whether leading a team, navigating industry shifts, or striving for growth, the ability to go all in, push past barriers, and trust in your people is what separates the good from the great.

Connor brings real-world, high-impact lessons that teams and organizations of all sizes can apply immediately. His energy is contagious, his stories are unforgettable, and his insights will inspire your audience to approach challenges with a fresh perspective.

Key Takeaways for Businesses & Teams:

- Grit & Adaptability: Thriving in uncertainty and pushing past obstacles.
- High-Performance Mindset: Building a culture that embraces challenges and takes bold action.
- Teamwork & Leadership: How shared goals, trust, and collaboration drive results.
- Going ALL IN: The difference between dipping your toes in and committing fully to success.

If your audience wants to feel motivated, your team needs a spark, and your organization is ready to push boundaries—Connor will get them there.

It's time to stop playing it safe. It's time to go ALL IN.

IMAGE LIBRARY

Original high-resolution color files are included alongside this PDF in the ZIP download.



PORTRAIT



STAGE

BOOK THIS SPEAKER

To check availability, request a hold, or confirm a date for **Connor Emeny**, email either of the following:

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