



RECORD HOLDER



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TED^x



MDRT

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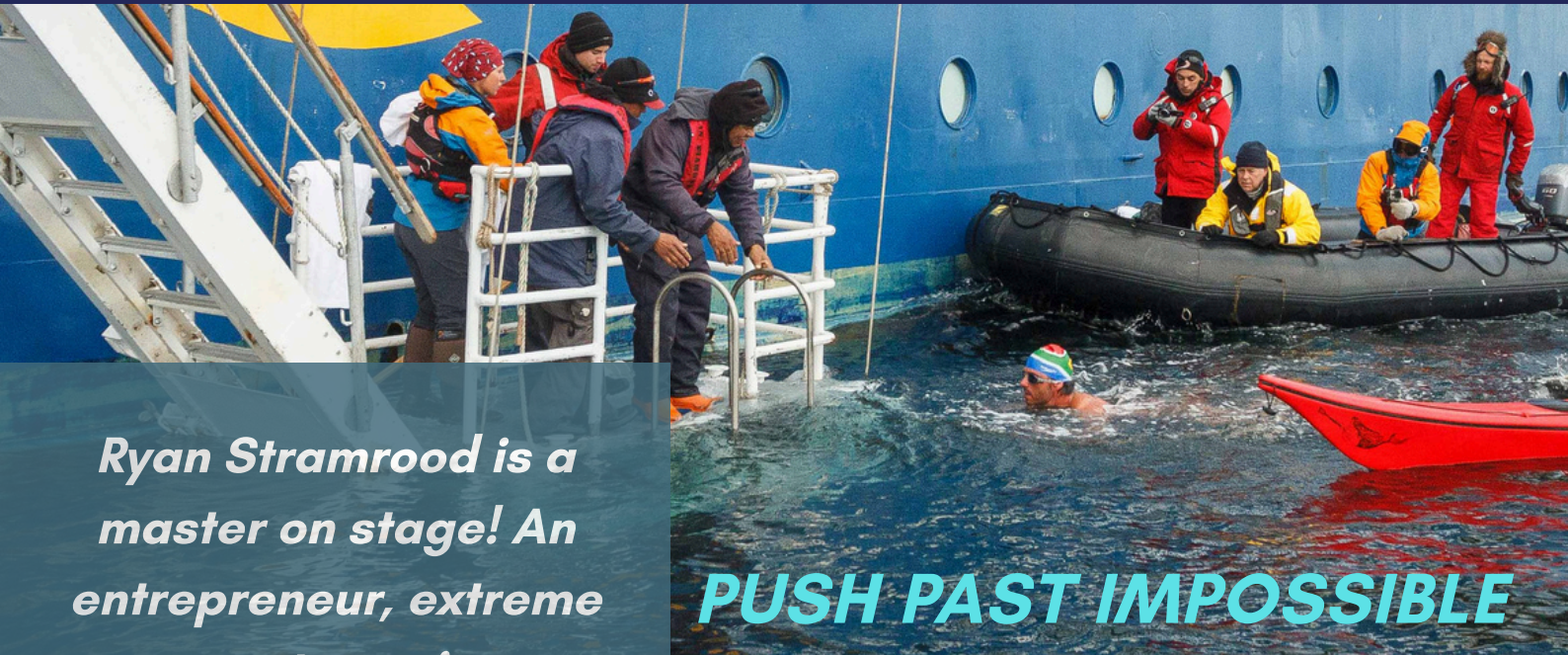
RYAN STRAMROOD

KEYNOTE SPEAKER | HIGH PERFORMANCE UNDER PRESSURE

ULTRA EXTREME ICE SWIMMER
4 X GUINNESS WORLD RECORD HOLDER
AUTHOR | TEDX & TED | MINDSET COACH



Each session is unique, Impactful, relatable and with practical tools, tailored specifically for the audience and event theme.
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Ryan Stramrood is a master on stage! An entrepreneur, extreme open-water swimmer, and keynote speaker who draws direct parallels between high-performance sport and high-performance business.

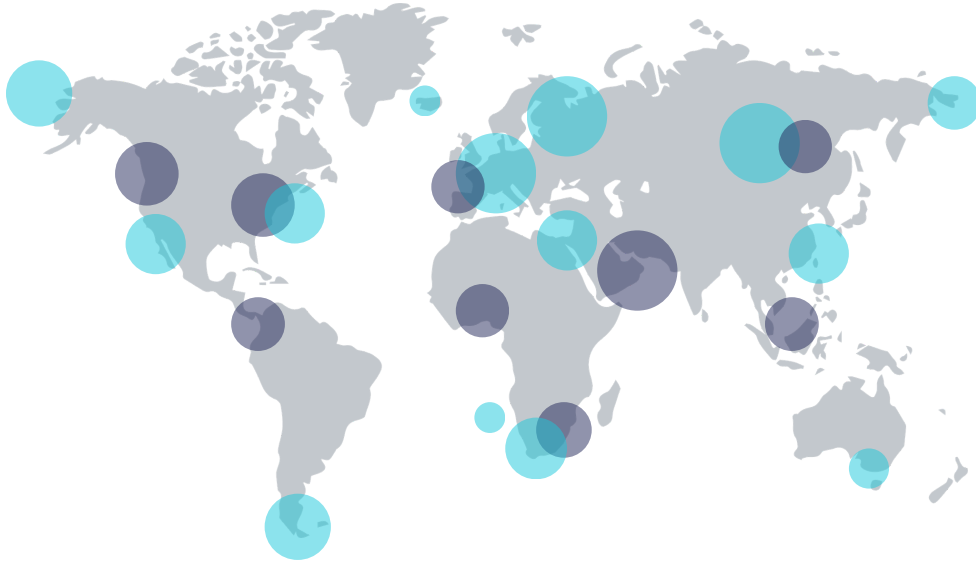
PUSH PAST IMPOSSIBLE

His work connects discipline, risk assessment, resilience, and decision-making under stress, making extreme lessons immediately relevant to boardrooms, sales floors, and executive teams.

Rich in practical takeaways, the keynote challenges audiences to reframe their limitations, adopt a more powerful way of thinking, and unlock higher levels of performance.



*"I don't motivate people to jump into ice water.
I help them recognise the ice water in their business..."*



Completed extreme swim challenges in all 5 Oceans. Delivered sessions on 6 Continents.

KEY TAKEOUTS

SET THE BENCHMARK
ACTION OVER INTENTION
GROWTH OVER COMFORT
RESILIENCE UNDER PRESSURE
ACCOUNTABILITY OVER EXCUSES

The impact and value Ryan Stramrood is bringing to an ever-growing number of businesses across the US is impossible to ignore. If you have an event coming up, whether in person or virtual, do yourself a favor. Get Ryan on stage!!

**ALEX BENDER, CHIEF MARKETING OFFICER,
FIREMON – USA, 2025**

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Guinness World Records

PRODUCTS & SERVICES

INSPIRATIONAL KEYNOTES
1 -1 PERFORMANCE COACHING
TEAM PERFORMANCE INTENSIVE
PUBLISHED BOOK | CONFERENCE GIFTS
TEAM PERFORMANCE TOOL KIT (CPD)

**PERFORMANCE =
POTENTIAL - INTERFERENCE**

Your team doesn't lack ability, it's losing performance to hidden interference. Pressure, uncertainty, and internal noise are silently reducing output every day. Remove the interference, and performance rises... *immediately.*

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**The number of times he has
swum from Robben Island
to Mainland (so far...)**