



RICHARD PARKS



RICHARD IS A WORD-RECORD-SETTING ATHLETE, LEADERSHIP CONSULTANT, EXECUTIVE COACH AND FORMER WALES INTERNATIONAL RUGBY UNION PLAYER.

FOR ALMOST A DECADE, HIS PIONEERING EXPEDITIONS AND PROJECTS AROUND THE GLOBE HAVE EACH LEFT A SCIENTIFIC, SOCIAL OR CHARITABLE LEGACY SERVING HIS COMMUNITY AND COUNTRY. HIS PASSION IS HUMAN PROGRESS AND CREATING LEARNING OPPORTUNITIES FOR BOTH YOUNG PEOPLE AND BUSINESS LEADERS.

A proud Welshman, Dad, fiancé, son and self-confessed denim addict. He is an award-winning author, a BAFTA Cymru nominated television presenter, a Board Member of the Sports Council for Wales and an Honorary Colonel of Gwent and Powys Army Cadet Force.

Richard has an Adventure Mindset that drives him to seek out and succeed in some of the world's most demanding expeditions and environments. Following the injury which ended his rugby career, Richard first made history in 2011, becoming the first person to climb the highest mountain on each of the world's 7 continents and stand on all 3 poles (The North Pole, The South Pole and the summit of Everest) within the same calendar year. He completed his world first expedition named The 737 Challenge in under 7 months. A feat which has been recognised by the Guinness World Records and broadcast internationally.

In 2014, Richard became the fastest Briton in history to ski solo and unsupported from the coast of Antarctica to the South Pole, taking 9 days off the previous British record and becoming the first Welshman to

complete this iconic expedition. His journey was broadcast on Channel 5, the series since shown in over 14 countries.

Richard has been identified as one of Britain's most promising leaders, having been selected for the inaugural Franco-British Young Leaders Programme pioneered by the British and French governments.

Richard's strength is bringing people together. When not on expedition, he enjoys working with his partners and clients helping them to develop their teams and achieve their goals. He has created a unique leadership development programme based on the Adventure Mindset to enable today's and tomorrow's leaders to succeed in an increasing uncertain and changeable world.

Richard and his family are based between Cardiff and London, and when he's not flying his Welsh and Union flags in the furthest corners of our planet, he loves nothing more than time outdoors with his fiancé - Jo, son - Fred and Mum and Dad - Lee and Derek.

LIKES Cycling, skiing, coffee, cooking, movies, New York, denim, live music, markets and hanging out with his mates.

DISLIKES Rude people, motorway lane huggers and litter droppers!

FAVOURITES:

MUSIC Fat Freddy's Drop

MOUNTAIN Cadair Idris, Wales

COLOUR Blue, grey or denim!

FOOD Mum's Sunday dinner

DRINK Fizzy water

ANIMAL Rusty, my parent's Cockapoo

ITEM OF CLOTHING My Grenson shoes or my Hiut jeans... don't make me choose!

MEMORY Fred's birth and our first months with him. I loved every second of that 'bubble time' with Jo

PLACE Wales or Antarctica... I give up now! This is too tough!