

SPEAKER BIO

AM I HAPPY?

One question at 26. A list of 100 things. Seventeen years of proving what happens when people act together.

Seb Terry lost a close friend in his mid twenties and asked himself the question most of us avoid: am I happy?

The answer was no. So he wrote down 100 things he wanted to do before he died, dropped everything, and started ticking them off. He married a stranger in Vegas, delivered a baby, lived on a deserted island for a week, and pushed a man in a wheelchair through a half marathon because that man asked him to.

The list became a bestselling book, a reality TV show, documentaries on ESPN and Discovery, and a movement that has helped millions of people write lists of their own.

Today Seb works with the world's biggest organizations on the thing that got him off the couch in the first place: **purpose, accountability and the courage to act together.** Through his ME · YOU · WE Method, he turns a room of individuals into a team that actually does something on Monday.

Expect humor, honesty, and a decent chance that someone's dream comes true live on stage.



17

YEARS ON THE ROAD

80

KEYNOTES A YEAR

100

THINGS ON THE LIST

"HILARIOUS, INSPIRING AND ACTIONABLE."

NICK D · VP GLOBAL MARKETING, GOOGLE

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