

# Sally McRae

## Topic Descriptions

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### Choose Strong

In the world of endurance sports, one of the greatest motivators for athletes battling challenges mid-race is to remind them of what they can't see- the finish line. Sally McRae is a professional ultra-trail runner known for enduring through the most grueling races on the planet. Her story of perseverance began as a child and has been shared all over the world to encourage others to keep going even when they can't see what lies ahead. At the end of the presentation, attendees will learn how their personal work impacts the world beyond office hours and how curiosity and courage can change your life.

### Don't Quit in the Middle

In this inspiring and powerful keynote, Sally shares lessons drawn from her experiences conquering grueling endurance challenges and life's toughest moments. Sally explains the difficulty posed in the middle of a race or challenge. The middle is where vulnerability lies and your courage demands your attention. *Because when it's the hardest, that is where you are carved into a stronger person. That is how you get strong. Too often, we think we become strong when we achieve...We become strong in the struggle.*

Attendees will leave with actionable strategies to push through the "messy middle" - whether in business, personal goals, or relationships - and develop the resilience to cross their own finish lines. Perfect for anyone seeking to cultivate grit, determination, and a champion's mindset.