



BO PARRISH

PURPOSE IS A PROCESS.....
CHANGE IS A BLESSING IN DISGUISE.....
LIFE IS TOO SHORT TO SETTLE.....

Bo Parrish is a writer and inspirational/motivational speaker. Over the past 3 years, Bo has spoken to thousands in the business, healthcare and endurance sports communities across the country. Bo brings passion and energy to his audience because he understands the value of the moment. Bo pushes his audience to find passion in everyday life and as a result, purpose becomes much more apparent. Every person can benefit from change.

KEYNOTES > WORKSHOPS ----- YOUTH GROUPS

*All speaking topics are customized to the audience

A passionate speaker and compelling storyteller, Bo Parrish delivers captivating and heartfelt presentations inspired by his near death experience in 2006. His recovery from hospital patient to nationally sponsored triathlete has given Bo the confidence to pursue life with fierce abandon! Bo speaks on the topics of overcoming adversity, finding your purpose and conquering your comfort zone. He seeks to challenge his audiences through engagement and real world application. His story of triumph and perseverance is a testimony to the power of the human spirit. Most importantly, as a platform speaker, husband and elite endurance athlete, Bo lives his message every day. Bo shares practical "how-to" messages that anyone can relate to. He realizes that not every person can identify with a near death experience but that every person can benefit from change.

In 2013, Bo launched his personal platform BoParrish.me. The purpose of this platform to encourage and inspire others to see change as a blessing and not a burden. There is no such thing as perfect, but the impossibility does not need to paralyze potential. Bo writes weekly posts on his triathlon racing activities, character development and mindset/attitude.



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CONQUER YOUR COMFORT ZONE

www.boparrish.me
Twitter: @boparrish
Must See You Tube: "BoParrish1"

CONQUER YOUR COMFORT ZONE

Human beings were created to thrive, not merely survive. In order to thrive, we must embrace the unknown and view change as blessing. Bo resisted an elective surgical procedure 3 times while suffering from a chronic illness. Each time he resisted, he experienced more pain and discomfort. It wasn't until the choice to change was taken away from Bo that he was able to thrive. Bo teaches people to embrace change early and to find comfort in discomfort

PURPOSE IS A PROCESS

Bo's recovery from a near death experience provides the backdrop for this interactive presentation. There are 6 "p's" on the path to purpose and Bo engages the audience with each step. Potential + Pursuit + Pain + Perseverance + Passion = Purpose. This presentation will give the audience an interactive step-by-step process for finding their purpose in life.

HOW TO START OVER AND FIND YOUR PASSION NO MATTER HOW LONG IT TAKES

What if I fail? This questions single-handedly limits most people from realizing their full potential. Failure does not have to be your destination. Bo experienced a failure of epic proportion when his resistance to change nearly cost him his life in March 2006. Up to that point, Bo accepted the pain of his present and believed that his illness would never improve. It wasn't until his life saving surgery that Bo was able to embrace his failure and decide that he would be better because of it. Since that failure, Bo has discovered his passion of triathlon racing and has experienced a life he never thought was possible. In this message, Bo encourages the audience to fail big and fail often, but to never settle.

Past Speaking Clients

