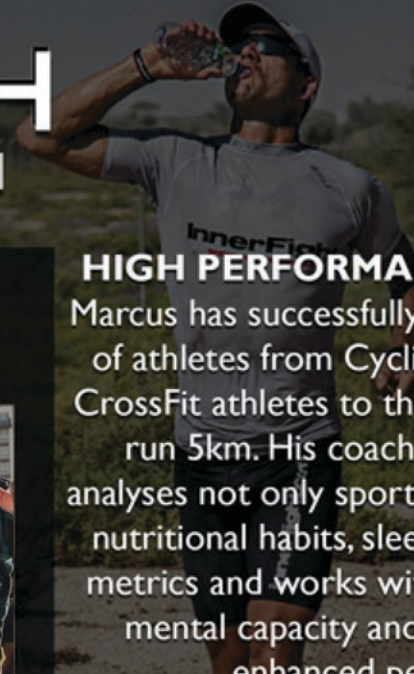




MARCUS SMITH

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EXTREME ATHLETE AND COACH



HIGH PERFORMANCE COACHING: Marcus has successfully coached a wide array of athletes from Cyclists to Ultra runners, CrossFit athletes to those just setting out to run 5km. His coaching is holistic as he analyses not only sport performance data but nutritional habits, sleep, recovery and daily metrics and works with his clients on their mental capacity and belief systems for enhanced performance.

Entrepreneur, motivational speaker, extreme athlete and coach. Marcus vision is "Making people better at life."



Retiring from rugby after the 2009 Rugby World Cup Sevens, Marcus turned his focus to "Extreme Challenges" which has seen him test himself physically and mentally across the globe, running 30 Marathons in 30 Days, rowing 100km, running 207km around a 400m track non stop for 24 hours, completing a triple ascent of the Tour De Frances hardest climb Mont Ventoux and completing the "Worlds Toughest Footrace" Marathon Des Sables, 250km self supported across the Sahara Desert.

In February 2018 whilst training to set an Ultra Cycling world record Marcus was hit by a truck and left fighting for his life with a broken shoulder, 7 broken ribs and a collapsed lung. "Everything happens for a reason" he says "you control how you react to life's situations to live the best life you can."



WORK WITH MARCUS:

Do you have a goal or are you looking for one? Marcus's online coaching addresses every aspect of performance using easy to use technology creating a simple, accountable and successful framework for results. His "can do" approach and experience over a broad range of clients in his coaching career has set him up well to deal with all types of goals and situations.



Marcus is the founder of **InnerFight** (a high performance fitness brand) and **Smith St Paleo** (a Paleo food brand) as well as host of **"The Health & Fitness Podcast"** the Middle East's biggest health and fitness show.

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MOTIVATIONAL SPEAKING

“As I lay there on the floor barely able to breathe with blood from my crushed lung coming out of my mouth I had a thought, it was simple, “I am not yet ready to die” and then asked myself a question “what you gonna do about it?”. In that moment I had a decision to make, fight for every breath or essentially give up. I chose to fight.”

TALKS:

From fighting for his life in February to running 30 marathons in 30 days in November Marcus truly understands goal setting, focussing on the process and living in the now in order to get the most out of life. His energy and passion to help others delivers inspiration and real motivation for his audiences.

“When you are able to focus on the important things in life and stay present in a world full of distractions then as humans I believe we have huge potential, I just hope I can help people tap into that potential.”



KEY MESSAGES

- ➔ Micro goals make macro dreams
- ➔ There is always an upside
- ➔ Stronger people are harder to kill
- ➔ You don't make it alone
- ➔ Everyday is a new chance
- ➔ Living by the second

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www.mjdsmith.com



www.facebook.com/mjdsmith/



[mjd_smith](https://www.instagram.com/mjd_smith)

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CORPORATE MOTIVATION

From one off talks to large corporations aimed at boosting morale and motivation down to specific 2-3 day workshops with a sales team on a specific objective or brand team building days.



COMMUNITY MOTIVATION

Marcus is committed to inspiring future generations and takes great pride in sharing his story and experiences from his challenges in schools around the world.



CORPORATE CLIENTS



HARVARD
BUSINESS
SCHOOL



MAJID
AL FUTTAIM



UBS



LEGATUM



AL HABTOOR
CITY



ERNST &
YOUNG



DU



CAREEM



MASTERCARD



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