



MEGAN HINE

WILDERNESS GUIDE
SURVIVALIST
AUTHOR
PRODUCER



*She's stronger than 99% of
the men I know'*

- Bear Grylls

SPEAKING KIT

www.meganhine.com



MEGAN HINE

LEAD • CHALLENGE • SURVIVE

Wilderness Guide – Survivalist – Producer



Bio

A born adventurer with many tales to tell, Megan works to connect others with the depth of their inner resource.

Wilderness guide and survivalist Megan Hine has produced some of the biggest adventure and survival shows on TV, walking a line between extreme survival and entertainment for audiences of millions. She has been integral to Emmy award winning content and has led talent and film crews in the world's toughest environments for 20 years.

As expedition leader, Megan organises and leads adventures to remote wilderness environments and works closely with indigenous communities across the world. As a qualified resilience coach, she combines intimate knowledge of wilderness survival, a degree in psychology and a fascination with the psychology of survival to help clients overcome mental health struggles. Her best-selling book 'Mind of a Survivor' is available on Amazon.



Speaking Topics

Megan tailors her talks to your requirements

The 'I' of the storm

Keynotes in leadership from the world's edge

Amid the turbulence of a high-pressure life, leaders can hold a space to function, and even thrive. Extreme environments taught me how: now I'd like to share these skills with you. From risk-management and decision-making under intense pressure to resourcefulness in the face of the unknown, each bespoke talk inspires audiences to confront the inner aspect of leadership in adversity.

The hallmark of today's world is overwhelm. The pace of life is fierce as we battle to meet deadlines, fulfil commitments and progress in our careers, all while getting children to school on time, keeping up with a social life - even finding time for adventure..? The list is endless, and that's before we get to the problems we face at the level of humanity and the planet.

In our complex, high-pressure lives, the primitive part of the brain primed to recognize threat is constantly triggered: it can't differentiate between the sabre tooth tiger who predated our ancestors and the meeting we're running late for. The response is the same. Our bodies are regularly flooded with stress in the course of a normal day, radically shrinking our capacity to cope effectively. And in coming years as we face worsening crises including extremes of weather and pressure on resources due to climate change, pressure upon leaders will only increase.

Mastery of these adaptive triggers begins with understanding our wild selves. Awareness is the first step towards a steady inner space where we can function optimally amid the chaos. This is the "I" of the storm. The madness may be whirling around us but we can learn to hold space within ourselves to respond with logic and imagination[RB2] - hopefully even enjoyment.

From own experiences of leading in extreme corners of the globe, surrounded by real physical risk in an ever-changing environment, I'll share unique insights in leading from within the storm: with empathy, strength and vulnerability. From one wilderness, to another!



Mastery through attunement

- What the wilderness teaches about survival and success
- Become an opportunist
- The power and pitfalls of routine
- Balancing planning and adaptability
- Surviving and thriving in the unknown
- Response to challenge
- Team agility

Risk Mitigation

- Planning and leading high-risk projects
- Understanding and managing risk
- Perception vs real risk
- Surviving and thriving in the unknown
- Decision-making under pressure
- Knowing when to stop and when to press on
- The importance of communication

Leadership with Purpose

- Importance of purpose
- Identifying your “A team” with the criteria of mission alignment, stability in chaos, ethic and perseverance
- Achieving momentum and team satisfaction through celebrating small successes
- Advice for women as leaders

Wild Awake

- Understanding the evolutionary processes which help & hinder
- Understanding fear & anxiety, where they come from and why they are important
- A dive into our survival mechanisms & the primitive part of our brain
- How to manage fear and anxiety in high stress environments

Filmmaking in Extreme Environments

- The process behind the scenes of coming up with show ideas
- How locations and onscreen journeys are chosen and put together
- The logistics behind operating in extreme environments





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WHAT MY CLIENTS SAY...



Mercedes-Benz



*'Her calm approach kept me safe
in one of the most exciting
journeys of my life'
- Brie Larson Actor*

*'Such a brilliant role model'
- Ginny Buckley presenter*

*'She kept me alive'
- James B*

*'I love everything about her.. but mostly I love
her attitude. This kind of calm, can-do
mindset is useful in day-to-day life '
- Sunday Times Style*

*'Megan's attention to detail in her
teaching and her obvious passion for her
topic held me spell bound'
- Rob B Exec Producer*



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Speaker & Author

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Megan Hine

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