

The Right Address



The Right Address Newsletter

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- Entertainment News featuring Rob Brydon, Chris Tarrant and the Edinburgh Fringe.
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To book anyone featured in our

Issue 24 - August 2006

Welcome to this month's free newsletter, bringing you the latest business and sporting speaker and entertainment news. It's a slightly shorter newsletter than normal but we'll be back next month with features as well as the usual news round-up.

Business News

At 13:01 hours (GMT) on Tuesday 1 August 2006, Everest hero **Jake Meyer** (aged 23) and his team of young British adventurers smashed the existing World Record for climbing the 48 highest peaks of Continental USA in the shortest time possible. The Freestyle® Challenge, sponsored by Standard Life Bank, was completed in just 23 days 19 hours 31 minutes as Jake reached the summit of Mount Katahdin in Maine. The British team shaved a huge 5¾ days off the existing record of 29 days, which was held by American Ben Jones.



The Challenge began on Saturday 8 July at the summit of Mount Rainier in Washington State. The support team drove an RV and an off-road vehicle around the clock to cover the 12,430 of driving between the 48 peaks. Jake climbed a further 275,909 feet of mountains – that's almost ten times

Everest. Jake Meyer, who in 2005 became the youngest Brit to conquer Everest and the youngest person in the world to complete the Seven Summits, said: "We're delighted to have set a new World Record – and to have broken the existing one by so many days. It's been a really tough challenge as we've had to drive and climb around the clock, but this fantastic result makes it all worth while! We've certainly set the Americans a tough challenge to win back their record." Jake's motivational speeches on 'Overcoming Adversity' and 'Breaking Through Barriers' are both very well received.

Look out for new book "If You Fall..." by **Karen Darke** which is published in September. With a foreword by Sir Ranulph Fiennes

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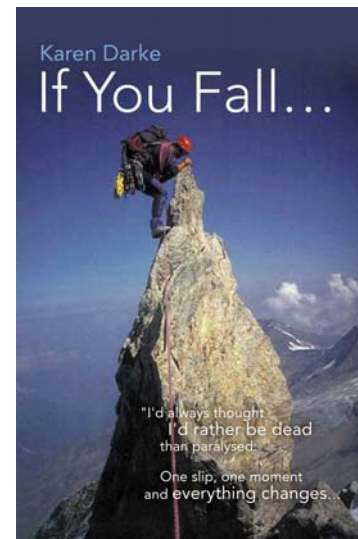
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But OBE the book tells Karen's life story and proves that disability is no barrier to achieving the impossible. When mountaineering enthusiast Karen Darke was paralysed from the chest down in a climbing accident at the age of twenty one, it was thought her days of adventure were past. Karen's journey begins with a heart-stopping account of the fall that paralyses her and her struggle to regain her independence and fitness. Overcoming the difficulties of combining wheels with wilderness, she describes her escapes from the world of concrete—expeditions by hand-cycle, ski and kayak in the Scottish islands, the Himalayas, Hawaii and Alaska.

But her story is more than a tale of one person defeating adversity. Karen's experiences lead her to question her scientific belief system (she is a qualified geologist) and reassess her place and purpose in the world. Karen embarks on a spiritual journey in which she encounters crystal healing, spiritualism and ends up willingly putting herself under the knife of a controversial spirit surgeon. But her treatments do not reward her with the ability to walk again, and through her experiences, Karen finds the strength to accept herself as she is, without giving up the fight to regain movement in her legs. Karen's story speaks to us directly about how life's unexpected "falls" can bring out the best in us. For her "the fall" was her paralysis but for someone else it could be "a mid-life crisis, a career upset, or a dysfunctional family or relationship." Karen dares to suggest "there is a gift in the fall, a gift that will be something different for everyone... Asking 'What if?' is not important. What happened, did, and so be it. What matters is not shying away from our fears, and having the courage to listen to the quiet voices inside us, wherever they take us." This vivid and uplifting book offers all the opportunity to see life's challenges in a positive light and to rise to those challenges with strength and resilience. *If You Fall...* combines high adventure with spiritual depth in a story that will fill readers with inspiration, energy and a totally fresh outlook on life.



Try and catch Channel 4 TV's 'Alive!' at 2100 hrs on 20th August 2006. The programme is a drama/documentary about **Chris Moon's** kidnap by the Khmer Rouge in Cambodia. Chris provides the voice over/interview retelling events and actors have been

used to dramatise the story which was filmed on location in Cambodia.

Round-the-world yachtswoman **Tracy Edwards** MBE recently appeared in 'On the Ropes' on Radio 4. The exclusive interview told the incredible story about her recent horrendous ordeal in Qatar and subsequent landmark legal victory in the courts to clear her name. Tracy is available for media work, TV presenting and motivational speaking work. She will talk about the Qatar incident and her amazing record-breaking life. A book and major TV documentary are both scheduled for early 2007.

Tom Avery, the youngest person to have trekked to both the North and South Pole is off on a new record-breaking challenge this month: to ski down the summit of an 8,000m (26,240ft) peak. The peak in question is Cho Oyu, the sixth highest in the world. It rises from the Tibetan plateau around 20km from Everest. In May, Tomas Olsson, a 29-year-old Swede, and 31-year-old Norwegian Tormod Granheim, attempted a similar feat. Tragically, Olsson died in the attempt. "They don't call it the death zone for nothing," says Avery, referring to the 8,000m limit. "Our biggest problem will be the altitude. I've not been above 6,500m before, and even there the air gets very thin. And of course we'll be carrying not just oxygen and gear, but skis as well." We hope to have a full report on Tom's exploits in September. As one of the freshest faces on the motivational speaking circuit, Tom's youthful enthusiasm, humility and passion have captured the imagination of a broad spectrum of audiences. Illustrated with a superb collection of slides and professional video clips, Tom's talks bring the raw beauty of the polar regions to life and describe how his team battled with the elements during their record-breaking journeys. Drawing on his own experiences in the worlds of both exploration and business, Tom also explains how teamwork, communication, planning, enthusiasm and individual determination are the key ingredients in achieving results in a challenging environment.

British yachtswoman **Dee Caffari**, the first woman to circumnavigate the globe solo and non-stop the "wrong way", will be racing in the Mark Webber Pure Tasmania Challenge which begins on 5 November '06 and runs for 6 days. The Challenge is a gruelling six-day adventure race combining cross-country trekking, mountain biking, road cycling and kayaking, so it will be a real departure from Dee's ocean based exploits. Launched as a major charity initiative to raise money for children and cancer charities in Australia, the Challenge is branching out globally this

year to attract international celebrities and sponsors. Dee Caffari will compete in an all-female team and will be racing against at least 12 other four person teams made up of corporates, adventure racers, celebrities and other sportspeople. Announcing her participation in the Challenge, Dee said: "I'm always looking for the next big challenge, so saying yes to Mark's event wasn't a difficult decision for me to make, really. Adventure racing isn't something I've done before, but I can't wait to get started. I keep saying I can only run 72 feet though [the length of her yacht], so I'll have to work on improving that! After six months alone in the fierce conditions of the open ocean, I know a lot about self-motivation and hard work, so I feel confident I can take the Challenge head-on. On Aviva I became very fit in an anaerobic sense – the main mast weighs as much as two grown men and I had to change it quickly so, physical strength was a matter of necessity – however, after being confined to such a small space for so long, my aerobic fitness is going to need a kick-start!"

On the 9th of September, business speaker **Adrian Webster** along with 7 other rather unfit Dads will be tackling the Yorkshire Three Peaks Challenge as a team known as BAD Dads (Bearsted And District Dads!). The challenge involves 24 miles over 3 peaks in less than 12 hours to raise money for two charities: DebRA - a charity that helps children and adults living with EB, an incurable genetic skin disorder. Sufferers live in constant pain (their skin breaks and blisters at the slightest touch) and increasing disability and in many cases EB results in early death. EB was recently brought to the public's attention by the TV documentary about Johnny Kennedy 'The Boy Whose Skin Fell Off'. The second charity is RMHC - (Ronald McDoanld House Charities) Set up to help provide home away from home accommodations at over 30 hospitals and hospices across the UK for families of children requiring in-patient medical care. Adrian said "Each of us Dads is hoping to raise £500 each (and hopefully a bit more!) for these two charities." If you want to sponsor Adrian and friends please see www.justgiving.com/baddads Adrian is one of the most popular motivational speakers in the UK today, he knows how to inspire everyday people into making a very real difference. Brilliantly motivating, hilariously funny, completely different and very effective Adrian cuts through complex motivational psychobabble, making it fun, relevant and useful.

The next "Taking Control of Your Personal Brand" Masterclass with **Lesley Everett** will be held in Windsor on Thursday 14th September 2006. The Masterclass focuses on how to maximise

your personal impact and you will learn some key tips to enhance your image and gravitas in business. Most of the Walking TALL courses are run in-house for companies, so the course therefore provides an opportunity to experience Lesley's approach and coaching for potential in-house courses for your own company. Please contact us for more information.

David Clutterbuck will be running an interactive session at the "Mentoring for Service Improvement Conference" at Durham University, Thursday 6th September 2006. The conference has been designed to create an opportunity for NHS professionals to learn from others about mentoring and how it might work in their particular context. The conference has been organised by the Mentoring and Coaching Research Unit at Sheffield Hallam University. David is an expert on mentor/mentee relationships and managing peak performance.

Home Stagers® Managing Director **Tina Jesson** won Runner Up in THREE categories in the hotly contested Midlands & East of England regionals at the 2006 National Business Awards. They were Small to Medium Sized Business of the Year in which the finalists for this award are all companies that best demonstrates significant growth and innovation in its market sector, underpinned by strong financial performance. Growth Strategy of the Year; the finalists for this award are all organisations that can best demonstrated an organic growth strategy (rather than merger & acquisition activity) that has achieved outstanding levels of sales, profit and market share improvement. The runners up were Home Stagers Ltd. Finally Entrepreneur of the Year, the finalists for this award are all outstanding individuals who best demonstrated exceptional vision and leadership in the establishment and development of an owner-led business. Tina is an accomplished public speaker, experienced in TV, radio, educational, special interest, business and property seminars and conferences throughout the UK.

Sporting News

We start with two Sport Relief related stories.

Olympic gold medallist **Sally Gunnell** took part in 'Only Fools on Horses' for Sport Relief which was screened on BBC1. The grand final and the last 'jump off' on the 15th July saw victorious. No doubt Sally's experiences from this will be mentioned in future motivational talks with many humorous anecdotes and how she

overcame completely new types of hurdles!!

Little Britain's **David Walliams** successfully completed the 21-mile swim across the English Channel to France on Tuesday 4 July. The 34-year-old comedian, who entered the water at Shakespeare Beach in Dover, Kent, at 0531 BST on Tuesday, reached France at about 1600 BST. He had expected the crossing to take 14 hours, so was "relieved and pleased" to make it in 10 hours and 30 minutes. Walliams undertook the gruelling swim as part of Sport Relief, and so far he has raised £587,860 for the charity. During the crossing, he had to swim through shoals of jellyfish, and cope with water temperatures as low as 15C. The comedian spent the last year training with former Olympic modern pentathlete Greg Whyte. Whyte described swimming the channel as "one of the toughest physical challenges on the planet". Fewer than 10% of people who have attempted to swim the Channel have succeeded. The full story of Walliams' exploits was told in a BBC One documentary "Little Britain's Big Swim" on Thursday 13 July.

Ian Rose, Double Silver Paralympic Medallist in Judo has recently added to his medal collection. After receiving an unlucky draw in the first couple of rounds Ian managed to return home from the world Championships with a Bronze medal. This gained him more than half the qualification points he needs towards qualification for the Beijing Olympic Games in 2008. He's also been named "Champion of the Month for August by "Sporting Champions", a sports agency that work with "Sport England" to spread the word of how sport can change your life and promote the ethics of fair play. <http://www.sportingchampions.org.uk/> Ian's also been busy on the speaking circuit, he's recently finished his first major contract with CapitaDSG (Dixons) and have delivered speeches to other major corporates such as Hyundai, Business Link For London, Sherrards Solicitors, Sky News and many more.

Lewis Pugh, environmental campaigner and motivational swimmer who is attempting to swim the length of the Thames went ashore in London to personally deliver a letter to the Prime Minister at Downing Street. Lewis and Tony Blair spoke for five minutes about the problems facing the environment. The lawyer took up the challenge to draw attention to a WWF campaign to fight climate change. His 203-mile journey began in Kemble, Gloucestershire on 17th July. The finishing line is Southend-on-Sea in Essex. Mr Pugh has completed a string of endurance swims and is the only person to have completed a long-distance swim in

all five oceans of the world. The most recent, in May, involved him swimming 0.75 miles (1.2km) in sub-zero temperatures in Nigards Glacier Lake in Norway. Lewis talks with much experience on having a vision in life, the value of goal setting, courage, perseverance, self motivation, leadership, teamwork, overcoming failure, and of course his love for the Polar Regions.

Entertainment News

Rob Brydon's "Annually Retentive" is currently being shown on Tuesday evenings on BBC3. Rob recently hosted the the CATEYs's (Hotel and Caterer Magazine awards) at the Grosvenor House Hotel on behalf of Reed Business Information.

Television presenter and broadcaster **Chris Tarrant** received an honorary doctorate at Birmingham's Aston University in July for his services to the entertainment industry. Chris grew up in Worcester and went to Birmingham University and regards the Midlands as his second home. Chris is a popular choice as a corporate awards host.

Finally a round up of Edinburgh Festival news. These are our top recommendations for comedy this August.

Andrew Maxwell has a new show called 'Round Twilight. From appearances at HBO's comedy festival in Vegas, to Montreal's Just For Laughs, mischief begins at dusk. Join C4's King of Comedy in his musk-scented grotto.

Jeff Green will be performing a brand new stand up show, PERSONAL.

Bill Bailey will be taking his brand news live show 'Steampunk' to the EICC as part of this year's Fringe Festival. He returns to Edinburgh with a new stand-up show after dabbling in the dark arts of theatre and otter documentaries. His hair has not changed. He knows a few more things. And, he will not dance, unless provoked! Dates are 12th - 19th August.

Dominic Holland will be at the Assembly Rooms from 4th – 14th August. Why not spend an hour in the company of “Britain’s master of observational comedy” according to Sunday Times. Star of hit BBC radio 4 series “The Small World Of Dominic Holland” and “Holland’s Shorts” Dom’s older, still curly, still

short, still funny and remarkably still not angry. Eleven nights only

Last but not least, although he is having a rare Edinburgh off the superstar of last years festival **Dara O'Briain** will be making two guest appearances at the assembly rooms hosting two free shows on Monday 14h August for BBC Radio 2 recordings.

All of the above are suitable for corporate events.

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