

## Chris Foot



Chris is an incredibly motivated and single-minded individual with an unwavering desire to push him beyond physical and mental boundaries of human performance that appear impossible, at first glance.

Remarkable ambition and talent witnessed him become the youngest, then serving, member of the British SAS at 22 years old in July 2000, following four years service in the Royal Marines. Serving ten years within a world-leading elite organisation has primarily shaped the core principles of Chris' mind set that is purely forward-thinking in nature, and completely solution focused. Learning to embrace pressure as a source of opportunity to thrive on, as opposed to an excuse to play it safe, is at the heart of Chris' mentality.

Qualifying as a Performance Leadership and Sports Mind Coach, Chris left the military in 2009. Harnessing the ultimate in extreme experiences during his life to date, coupled with newly acquired skills and capabilities paved the way forward for a coaching and mentoring role to cultivate excellence in others.

Chris is one of a few in history to have raced 400 miles to the Magnetic North Pole in 2010 then months later walk over 700 miles solo to the South Pole with no support or assistance 41 days. A 700 mile return leg was abandoned due to time restraints.

Never one to rest he has just penned an incredible psychological fictitious thriller, using his solo expedition as a start point due for release late 2015. Always an advocate of maximising free time, he is the Founder of Syncmate. An application in beta-testing that instantly synchronises peoples free time off anywhere in the world, who have similar interests.

### 3RG Leadership

Unit 2, Park Place, 6 North Rd, Poole. BH14 0LY

0330 223 1776

info@3rgleadership.uk

www.3rgleadership.uk