

THE HEROIC AGE

How much more
are you capable of?

A keynote on courage, audacious ambition
and the limits we place on ourselves.

JAKE MATTOCK

Ocean rower, Guinness World Record holder and speaker

THE TALK

How much more?

What's the upper limit of what you can achieve? How big a comeback can you make? And how much of what holds you back is the story you tell yourself?

The Heroic Age takes audiences into the extraordinary world of Antarctic exploration, where Shackleton, Amundsen and their crews faced uncertainty, brutal conditions and decisions on which lives depended.

Through their triumphs, setbacks and surprising changes of course, Jake explores how we can act beyond our familiar character, pursue goals without knowing whether we can achieve them, and find the capacity to keep going when the way forward seems impossible.

Drawing these stories together with his own experience rowing across the Indian Ocean, Jake brings their lessons into everyday life: changing direction, starting again, asking for help or finally having the conversation you've been avoiding.

With humour, vivid storytelling and personal honesty, The Heroic Age invites audiences to reconsider their own limits - and take the next courageous step.



WHAT AUDIENCES TAKE AWAY

Courage in practice.

01 You are not defined by your nature.

Your past decisions don't have to dictate your next one. You can change direction, act out of character and rewrite the story you tell yourself.

02 Audacious beats achievable.

Some ambitions deserve a chance before you know how to reach them. A goal beyond your current capabilities can reveal what you're capable of becoming.

03 You are more capable than you think.

The stories of the Heroic Age offer a powerful perspective on human endurance - and a reason to question the limits you've accepted as fixed.

04 Courage is a practice.

You build it through action: making the decision, having the conversation and taking the risk you've been putting off.

WHO IT'S FOR

For teams facing change, leaders pursuing ambitious goals and people who feel stuck at a crossroads.

Whether your audience needs the confidence to begin, the resolve to continue or the courage to change course, The Heroic Age gives them fresh perspective and something meaningful to act on.

WHAT AUDIENCES SAY

Stories that stay with you.



“First off, Jake is a brilliant speaker. Anyone who can weave together expedition history, Bohemian Rhapsody references and personal experiences from rowing across oceans gets a big thumbs up from me!”

“Physical challenge gives you something no leadership programme can. Evidence. And once you have it, you carry it everywhere.”

TOM PETERS

Odgers

Excerpts from audience feedback

BOOKINGS & FEES

Bring The Heroic Age to your event.

jake@tocks-talks.com

To enquire, include your event date and location, audience size, preferred talk length and what you'd like your audience to take away. Please include any available details of your audio and visual setup.

15-minute introduction	£350
30-minute keynote	£1,000
60-minute keynote	£2,500

Additional time at your event for conversations and networking: £250 per hour.

Reasonable travel and accommodation expenses are additional.



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