



## Sam Cawthorn

**Workshop topics:** Business Career Community

**When not FRANK Teaming:** Sam is a business owner and professional guest speaker.

**Bio:** Sam grew up as a country farm boy in a family of 11 children. He then went on to college in Hobart Tasmania, but found that he was more suited to get straight into work. After working in sales for a few years he then went and worked as a workplace trainer and assessor and soon became training manager. During this time he did many music theatre productions, and opened his own music studio. In recent years, Sam worked for the Federal Government as an Industry Adviser working with young people and industry groups, identifying skill shortages and providing solutions and strategies for young people entering the workforce.

Sam's personal life journey changed dramatically two years ago when he was involved in a major car accident. Sam had his right arm amputated and lives with a permanent disability in his right leg. Sam was hospitalised for over four months and confined to a wheelchair for nine months. It is the story of Sam's remarkable resilience, his mental strength as well as his physical recovery that has amazed and inspired so many Australians and people around the world.

Through overcoming such a tragedy Sam launched his motivational speaking business. Sam is now a highly sought after speaker and has now spoken to over 50,000 people throughout Australia and overseas. He has been nominated for many awards and more recently won the young Australian of the Year for Tassie.

Sam's message to others is simple. He challenges people to be themselves, believe in themselves, find purpose and focus, nurture their creativity, develop resilient and protective behaviours, conquer obstacles such as fear, set and attain personal goals. In every way imaginable Sam is a living embodiment of the messages he delivers.