

# **SPEAKER PACKAGE**

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Australian Athlete

SAS Recruit #9

Ambassador for youth

Podcaster

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Presentations

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Workshops

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Activities



# BIO

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Beck Mitchell is an inspiring young Australian.

She is the Executive Officer of Bridge Builders Youth Charity, that works with disadvantaged young people. With 15 years of experience in the not-for-profit industry, she brings a wealth of knowledge and expertise to the table.

Beck has her own Podcast called 'Run with Soul' and she is also an endurance athlete, who specialises in Ultra Marathon events.

in 2020, Beck represented Australia in the World Marathon Challenge, which involves running seven marathons on seven continents in seven days. Beck is one of 164 people in the world to have completed the challenge.

As part of participating in the event Beck created a youth suicide awareness campaign, raising over \$50,000 and continues to be an ambassador for the cause.

Beck is a highly engaging speaker, who is passionate about helping people know their value and achieve their dreams. She loves to inspire people, and has spoken to hundreds of audiences across Australia, and in the US.

*Beck*  
**MITCHELL**



*"we are truly  
capable of more  
than we think"*

**BECK MITCHELL**



# World Marathon Challenge



## 7 Marathons, 7 Continents, 7 days

Beck didn't just conquer the world, she inspired us all!

Representing Australia in the World Marathon Challenge was no easy feat, but this small town farm-girl shows you that even though the odds are stacked against you, the impossible can become reality. As part of her participating in the event, her created a campaign to raise funds and awareness for youth suicide. Beck also ran each marathon in honour of a person who had lost their life to suicide.

*"Completing this grueling challenge took every bit of grit and determination that I had in me, it really meant the world to me that I was inspiring so many people"*

Beck is now a member of the exclusive Inter-continental Marathon Club.



# SAS Australia 'Hell Week'



## Recruit #9, SAS Selection

With courage in her heart Beck showed us what's possible when you try! When applying to be part of SAS Australia, she knew she was either very courageous or very crazy, or perhaps a bit of both.

***"I knew it was going to be extremely difficult, I was hoping to either have what it takes to make it through or to learn a lot in the process. One way or another, I was going to give it my best effort"***

Beck completed a number of challenging tasks, endured a lot of pain and pushed herself beyond her limits to get half way through the selection course, before voluntarily withdrawing. Even though she was unsuccessful in her attempt to pass, she did learn a lot along the way and continues to share those learnings with others.



# AMBASSADOR FOR YOUTH

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Since 2005, I have been helping to change the lives of young people.

It all started when I began attending Bridge Builders Youth to find help and support for my own challenges.

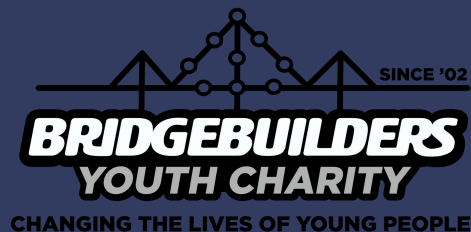
Years later, after successfully navigating my way through those battles, I became a mentor and decided to dedicate my time to helping support those who, like me needed someone to talk to.

For the past 16 years, I have helped hundreds of young people to find their value, begin to believe in themselves and dare to dream once again.

I am incredibly passionate about inspiring a generation of young people to fulfil their potential and make this world a better place.

I continue to push myself beyond my limiting beliefs and I hope to inspire others to do the same.

*"You can do absolutely anything in life, as long as you have the courage to try"*



**Beck**  
**MITCHELL**



## BOOKING OPTIONS

**'Beck is the epitome of "you can do whatever you set your mind to" having overcome what most would see as insurmountable hurdles, but always finding a way to bring out the best in her life. An absolute inspiration to us all'**

**GILLIAN FRANKLIN**  
**FOUNDER & MANAGING DIRECTOR**  
**THE HEAT GROUP, AUS**

**'Beck Mitchell is the real deal. She walks her talk and inspires all those who come into contact with her vibrant and 'Can do' personality. Beck's personal drive and determination to make a difference in the lives of young people is incredible. Leading by example, her persistence and strength have seen her overcome adversity to achieve incredible goals'**

**SHARON WITT**  
**AUTHOR, EDUCATOR & SPEAKER**

### 'RUN WITH SOUL' PODCAST

Beck has a passion for working with people to help them achieve their best life.

Beck created her podcast to ensure her stories are accessible to many, and she will definitely leave you and your team feeling inspired, with practical steps on how to be more resilient and be on a pathway towards success! Subscribe today, it's the perfect way to be inspired, anywhere at any time!

## PRESENTATIONS & WORKSHOPS

Beck has a large amount of speaking experience with audiences such as schools, corporate's, churches, youth groups and community organisations.

Her keynote speaking and workshop sessions range from 10 mins - 60 mins, and include a Q&A.

### Topics include;

- Leadership
- Resilience
- Team work
- Goal setting
- Achieving your dreams

**'Beck is one of those people you meet in your life with true grit. No matter the blockers put in front of her, either her own or other peoples expectations she has the inner strength to not settle for less and pushes through to get the most out of life'**

**PHIL STENHOUSE OAM**  
**FOUNDER & CEO**  
**BRIDGE BUILDERS, AUS**

## ACTIVITIES

Beck loves to be a role model and being actively involved in the community. If you have a specific event or activity you would like Beck to be involved in please contact us for more information.

## BOOKINGS

To book Beck for one or more of the options outlined in this package please contact;

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Website - [www.beckmitchell.com](http://www.beckmitchell.com)