



FIREMAN ROB IGNITES COURAGE TO **LEAD & BE YOU**

SO YOU CAN ACT DECISIVELY IN THE ABSENCE OF CERTAINTY

Fireman Rob is known as a dynamic storyteller with an inspirational voice, on the courage to lead your life. He helps people become greater assets to themselves and others, with the ability to lead with courage, passion and mental strength. As a keynote speaker and breakout facilitator, Fireman Rob engages audiences from corporate clients to high school students. Fireman Rob delivers powerful impact to your audience, through his stories and catalysts that have been Forged In The Fires of his life. From numerous years in the fire service to surviving on Discovery Channel's show "Ultimate Ninja Challenge" to performing search & recovery after the September 11th attacks. His message resonates with everyone and has proven results.

From surviving post-traumatic stress disorder to breaking a Guinness World Record to being a dad, he lives his message and delivers the fire to the audience.



"Fireman Rob is a compelling storyteller driven to inspire... Rob delivers a powerful experience and shows how passion impacts purpose, which in turn creates the BEST YOU!"

MIKE REILLY

*"The Voice of Ironman Triathlon"
Best Selling Author*

After **Fireman Rob's** keynote or workshop, your people will:

Develop their
Resilient Mindset

Own their Unique
Purpose

Be Courageous with
Goals & Dreams

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DISCOVER YOUR POWER IN BUILDING A **RESILIENT MINDSET**

AS YOU IGNITE YOUR PASSION & MENTAL STRENGTH

MOST POPULAR KEYNOTE & WORKSHOP:

THE RESILIENT MINDSET LESSONS FORGED IN THE FIRES

Is it my choice to decide my future? Do I have to live by the aspects of other people's ideas? The Resilient Mindset is about your journey. It is about trust in leading yourself down a path that others may say is not right. Yet, being courageous is not just running into the fires. It's understanding the fires and using them to your advantage. Success isn't happiness, success is value. Don't you want to stretch the limits of possible in your own life? I have the catalysts to ignite a spark in you that you can translate into your fire. Life doesn't get easier, you will just get Stronger when you live with your resilient mindset.

TAKEAWAYS FROM FIREMAN ROB'S KEYNOTE & WORKSHOP:

- 🔥 How to Develop a Resilient Mindset
- 🔥 How To Ignite Your Fire with the 7 Catalysts
- 🔥 How To Use a Mentally Strong Mindset to Lead
- 🔥 How to Empower Courage to be You



"Fireman Rob was the keynote for the 3M and Scott Safety merger conference. His powerful stories, along with impact driven message of strength through leadership, communication and purpose, truly started our conference on a positive step. He has truly lived his message and we felt it through his keynote."

DEREK ROY

Global Application Engineering Manger | 3M

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ROBERT "FIREMAN ROB" VERHELST



WWW.FIREMANROB.COM

My name is Robert Verhelst, yet most people know me as Fireman Rob. I am a career firefighter for the City of Madison, Wisconsin since 2000, an Air Force veteran, and did search and Recovery after the September 11th attack on the World Trade Center.

My mission to inspire people to "Live your passion" started in 2011 when I did Ironman Wisconsin, which landed on the 10th anniversary of 9/11. I did it different than most though, and for the purpose of honoring those who lost their lives and those who responded. I did the 2.4-mile swim, 112-mile bike then donned my full firefighter gear (helmet, bunker pants, jacket, and air pack weighing 50 lbs.) for the 26.2-mile run. Finishing the race at 16 hours and 17 minutes and igniting an insatiable drive to inspire others to find their passions and LIVE!

Since that moment in 2011, I have completed 23 Full Ironman distance and 29 Half Ironman Distance triathlons in full firefighter gear for every run portion totaling 1,022 miles in my gear. In 2015, I pushed the envelope of what is possible and broke the Guinness World Record for the Most Ironman 70.3 Triathlons in one year with 23.

The existing record that was done all in normal triathlon gear, but I broke it by completing each run portions with my fire gear. No extra record or credit, yet the purpose was to ignite the globe in understanding what we are capable of when driven by passion.

In addition, I started the Fireman Rob Foundation in 2013 and since that date we have delivered 8,000 Gund Teddy Bears to children in hospitals throughout the world. Our mission is simply to #BearASMILE on children in need of a moment of happiness. SMILE to me means (Simple Moments Impact Lives Every day).

I am a dynamic storyteller with a unique, iconic story that brings your audience to life. From numerous years in the fire service to breaking a Guinness World Record to surviving on Discovery Channel's show Ultimate Ninja Challenge to performing search and recovery after the September 11th attacks on the World Trade Center in New York, the impact of my message resonates with everyone. I truly live and emphatically believe in, the power of purpose and a strong mindset, to overcome any challenge or fear. I deliver an empowering message to the audience about engaging their passion through mental strength to live their true potential. Our lives depend on strength to thrive; otherwise, we struggle to find success in life.

HIGHLIGHTS

- Hometown: Madison, Wisconsin, USA
- Father of 3
- Career Firefighter for City of Madison, Wisconsin, USA
- United States Air Force Veteran
- Collegiate Basketball & Water Polo player
- Professional Keynote Speaker & Workshop Facilitator
- Professional Human Performance Coach (Personal / Business)
- Founder Fireman Rob Foundation

CONNECT WITH FIREMAN ROB:

PODCAST: Forged In The Fires Podcast with Fireman Rob

FACEBOOK: Robert "Fireman Rob" Verhelst

INSTAGRAM: FiremanRobStrong

TWITTER: TeamFiremanRob

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ROBERT "FIREMAN ROB" VERHELST



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EXPERIENCE

- Sponsored Endurance Athlete (wearing full firefighter gear)
- 9/11 Rescue Worker
- Air Force Veteran
- Career Fireman (City of Madison, Wisconsin, USA)
- Guinness World Record Holder (IM70.3 in one year – 23 in 50 lbs of gear)
- Bachelor of Science in Resource Management (Troy University)
- Master of Science in Emergency Management (Columbia Southern University)

ACCOLADES

- 2012 Ironman Performance of the Year
- 2012 HITS Triathlon Athlete of the Year
- 2014 In Business Magazine "25 Most Influential People in Greater Madison"
- 2015 Jefferson Award
- 2015 Triathlon Magazine "Best Record-Breaking Performance of the Year"
- Guinness World Record for Most Ironman 70.3 Triathlons in One Year
- 2015 Globe Turnout Feets of Strength (Athleticism category)
- World Record for Most Ironman triathlons in Full Firefighter Gear (21)
- World Record for Most Half Ironman Triathlons in Full Firefighter Gear (28)
- Selected member of The National Society of Leadership and Success (CSU)
- Started the Fireman Rob Foundation in 2013 (www.FiremanRobFoundation.com)

PARTIAL LIST OF MEDIA FEATURING FIREMAN ROB

- NBC
- NBC Universal
- ESPN Deportes
- Fox (Philadelphia)
- Ironman.com
- NBA.com
- Triathlete.com
- Bayerischer Rundfunk (German National Television)
- Men's Health
- TRI Talk South Africa
- GuinnessWorldRecord.com
- Firehouse.com
- USA Today

PARTIAL LIST OF COMPANIES IMPACTED BY FIREMAN ROB

- 3M
- US Bank
- Bellin Health (Wisconsin)
- Timex
- Ironman
- PMI Colorado
- Kraft
- Special Olympics
- Challenge Roth (Germany)



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