

A promising career in corporate financial services took a dramatic turn as a result of a freak cycling accident in which Steven was instantly paralysed from the neck down.

His prognosis was bleak and his choices limited but that same day Steven was given hope through a experimental clinical trial.

Starting with a promise to his wife, made whilst laying motionless in intensive care, he set about a journey that would not only see him stand and walk again but create and complete several remarkable charity challenges raising funds and awareness for spinal cord injury research.

A road full of intense struggle...
Wins & losses...
Deep reflections...

Through engaging and relatable storytelling, Steven weaves in elements of his unique **C.H.A.L.L.E.N.G.E. model**; 9 practical tools anyone can use to face their biggest challenges... and win!

C HOOSE to respond effectively
H ELP others help you
A CCEPT the situation objectively
L EVERAGE all your resources
L EARN through trial and error
E Ngage in your reality
N EVER quit
G ROW through goal setting
E ASE UP on yourself

CHALLENGE FORCED CHANGE CRISIS RECOVERY

Keynote Speaker

STEVEDOWD.COM

Sharing lived-experiences with honest insights into recovery from extreme disability, overcoming fear to take seemingly impossible steps forward and how that translates to help others, Steven inspires international organisations and their people to face Challenge head-on and equips them with impactful tools they can use immediately benefitting staff, clients and the bottom line.

"Just awesome! It got emotional!"
David Kaliga, Nike

BOOK STEVEN VIA AGENT MICHAEL@ENCORESPEAKERS.COM