



What's happening at

Marie Grey and Associates

He ran the entire length of the Great Wall of China. Then, he ran a distance of 3 500km around the foot of Africa in the name of charity. Now, he shares the incredible lessons learned on his epic adventures in an exciting new keynote presentation:

BRAAM MALHERBE

Endurance athlete, Motivational Speaker, Environmentalist and Humanitarian

BEYOND BOUNDARIES

Creating the Future • Finding the Zone • Challenging Boundaries • Overcoming Crises • Following Intuition • Understanding the Power of the Mind

After completing a world first with his running partner, David Grier, where they ran the entire length of the Great Wall of China – a distance of over 4, 200kms at a rate of over a marathon per day – Braam Malherbe and David completed a second world first at the end of 2008. They again averaged over a marathon per day for 90 days, running from Namibia to Mozambique following the South African coastline: a distance of over 3, 300kms.

Professionals, like Professor Tim Noakes of the Sports Science Institute of SA, said running the Great Wall was impossible. **He did it.** This time, however, things were a little different. Braam had undergone extensive knee surgery after China. Internationally renowned orthopaedic surgeons and scientists had said Braam could never run again.

"At best, we could get him pain-free for everyday activities but running a marathon everyday for 90 days? 'Impossible' the scientists, including Dr Steadman (one of the top orthopaedic surgeons in the world) said, when I showed them the pictures I had taken during surgery. While they were making these statements and discussing the case, Braam was passing the 2000km mark on his epic run around the coastline of South Africa. As we all now know, he was successful with his challenge and the MRI scan that we did after his run, showed that the cartilage layer had recovered completely."

~ Dr. Willem van der Merwe, Orthopaedic surgeon



Braam shares the incredible lessons learned on his epic adventures. He focuses on creating your own success by properly understanding the power of your mind.

"Success has little to do with the state of the economy. It starts with you as an individual. When we are prepared to make positive personal changes in times of crisis, not only do we personally grow but we affect others with our success. The best time for corporate leadership to re-define strategies is in times of crises. This is the time for each individual in the team to best examine themselves – their strengths and weaknesses. It is the time to build yourself as a greater asset – for yourself, your family, your business."

~ Braam Malherbe

To find out more about Braam's new presentation, call Marie Grey at +27 11 447 9485.