



ROB HARSH

Transformation Through Adventure

Key Focus: Personal Growth and Transformation Through Mindfulness, Adventure and Embracing Adversity

Adventurer, Coach and Cancer Survivor Rob Harsh has been leading and guiding people in business, outdoor adventure and personal growth for twenty years. He has traveled extensively throughout the world on climbing, kayaking, mountain biking and multisport expeditions and has experience as a certified mountain guide, search and rescue operator and working with adaptive athletes and injured veterans in the outdoors.

Along the way, Rob has climbed mountains on five continents and participated in over fifty of the world's toughest adventure racing and ultra running endurance events. He is a Professional Coach and expert in supporting people make positive shifts in their life, helping them overcome adversity in any area of life and discover how to live in alignment with who they authentically are.

Doctors diagnosed Rob with stage 4 lung cancer with a 4% chance of survival. Within a year he was cured and now gives back to others through inspiration and adventure. You'll want to hear his story.

INTERVIEW TOPICS

- Overcoming Stage 4 Lung Cancer naturally in one year
- What leading a life of adventure taught me about embracing adversity
- Leading a blind man through the toughest adventure race in the world
- How quitting my job and selling everything led me living my dream
- The role mediation and mindfulness played in transforming my life
- How being of service and empowering others helped me find my purpose in life
- The role my spiritual journey played in learning to overcome fear and live more authentically

Rob is one of the best thinkers and strategists I've ever met. His ability to dream big and then execute a plan with precision and grit is rare in the world.

Erik Weihenmayer, *No Barriers: A Blind Man's Journey to Kayak the Grand Canyon*

CONNECT WITH ROB

✉ rob@awakenedadventures.com

🌐 www.awakenedadventures.com

☎ (435) 773-2160

🌐 [in/robharsh](https://www.linkedin.com/in/robharsh)

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