

Abhilash Tomy

Know your Facilitator!

Abhilash, as a two-time solo circumnavigator and a hardened ocean sailor, inspires personal excellence for performance-orientation and managing uncertainties.

In 2018, Abhilash took part in the Golden Globe Race - a 30,000-mile long solo, nonstop, round-the-world sailboat race starting from Les Sables d’Olonne, France. It’s a sailing race that literally tests any sailor’s physical and mental rigor under extreme stresses, as the rules prohibit the usage of any technology that came into existence after 1968. Abhilash suffered a violent accident after 86 days of relentless racing on the open ocean. It led to a fractured spine that disabled him completely. It took him a whole year to come back on his feet, after this incident. Learning from his adventures at sea, his masterclass sessions are about making the most of limited resources, developing resilience and leading during crisis.



Spotlight Areas:

A few themes Abhilash Tomy touches upon include:

- ▶ How to stay calm during unpredictable situations
- ▶ Doing more with less
- ▶ Managing extremely risky conditions
- ▶ Developing mental and physical resilience
- ▶ Managing limited resources for optimal use
- ▶ Leadership during challenging times



Time limit
60-90 minutes



Group size
15-500



Customization
Available

Is this Masterclass right for my team?

Does the triumph of the human spirit inspire you? Abhilash Tomy’s life is a revival story unlike any other – an uncommon story of an average person who rose against the toughest of challenges. It will definitely resonate with your team and motivate them to come alive with a renewed sense of purpose.