

**Looking Forward:
Specialist Rehabilitation Services in Ireland
How should these services be developed and delivered?**

Friday 21st October 2011



Profile of Key Speakers

Mr Mark Pollock: Adventure Athlete & Author

Unbroken by the loss of his sight at 22 years of age and a paralyzing fall 13 years later, Mark Pollock has made surviving catastrophic change an art form and inspired audiences worldwide.

For the last decade, the blind adventure athlete competed in the harshest environments on the planet. He survived sub-zero Antarctic temperatures as he raced to the South Pole. He suffered in scorching heat, running six marathons in the Gobi Desert in one week. He has run a marathon at The North Pole, raced through the desert lowlands of the Syrian African Rift Valley to the Dead Sea and competed at high-altitude in the Everest Marathon.

Mark has competed against professional explorers like Sir Ranulph Fiennes, Olympic gold medalists and special forces personnel; all able-bodied athletes. And he did so in a world of total darkness.

After a life threatening fall last year, Mark is now competing against his spinal cord injury. Paralysed from the waist down, Mark's next adventure race is against his own body, challenging conventional wisdom that there is no way out this time.

Global economic shocks are changing everything. How will you react to these changes? Mark's life is a testament to human resilience and his motivational message is one of hope and courage to take control make things happen.