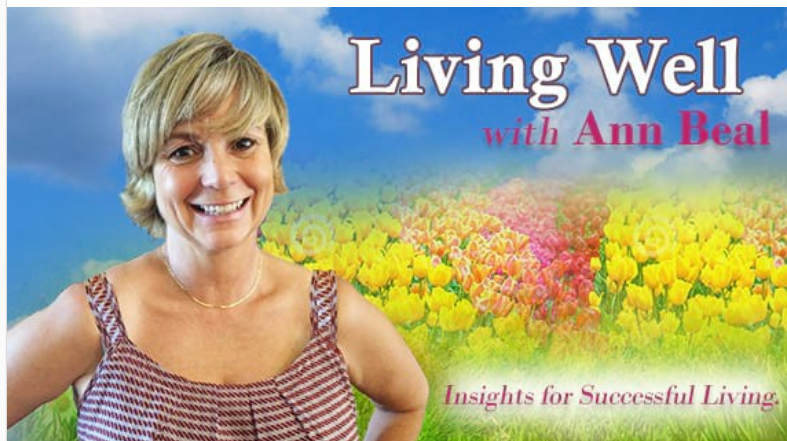


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September 16th 2015: What makes ordinary people do extraordinary things - The Science of Achievement

What makes ordinary people do extraordinary things? A professional soldier, sportsman, explorer, entrepreneur, and philanthropist, Justin Packshaw, talks with Ann on the science of achievement. Justin focuses on the ability to find that something special deep inside when it matters most. It is not a transient, chest-beating form of motivation that fades when the going gets tough, but the discovery of that core drive, which sustains you through the darkest times; an instinct to achieve; a quiet strength. The realisation that no-one is super-human, that we are all fragile but understand that

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Featured Guest



Justin Packshaw

Justin Packshaw is a professional soldier, sportsman, explorer, entrepreneur, and philanthropist. "In my life I have been lucky enough to go to the North and South Poles; stand on the top of Everest, sail for my country, cross East Africa on a motorbike and ride horses across Mongolia."

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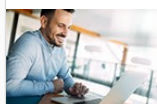
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