



PARIS NORRISS

RECORD-BREAKING EXPLORER | ADVENTURE FILMMAKER | RESILIENCE EXPERT

Paris Norriss redefines the limits of human potential through extraordinary feats of exploration and endurance. As creator of "The Grit Code," he transforms high-stakes adventure experiences into powerful lessons for organizations seeking to thrive under pressure.

PUSHING BOUNDARIES

In 2025, Paris shattered records by completing seven marathons across seven continents in just 5 days and 21 hours—having only run one marathon previously. This followed his 2023 achievement of rowing 4,800 kilometres across the Pacific Ocean, raising £150,000 for marine conservation.

ADVENTURE STORYTELLER

As an affiliate member of UN Tourism, Paris is currently filming "Guy in the Sky," capturing ancient civilizations from breath taking perspectives few have witnessed—diving to lost shipwrecks, excavating beneath Jerusalem, and paragliding over remote citadels. His productions reach 22 million viewers in 123 countries through Amazon Prime, Apple TV, and major international airlines.

THE GRIT CODE

Paris's signature keynote distils lessons from his extreme adventures into actionable strategies for developing unshakable resilience. Organizations worldwide implement his systematic approach to building teams that excel when facing their greatest challenges.

GLOBAL INFLUENCE

Founder of Blazing Sand Studios, Paris is a trusted ambassador for premium adventure brands including Land Rover, TAG Heuer, and Oakley. His expertise is regularly featured through his weekly Dubai Eye radio segment and monthly business column in The National newspaper.



GRIT WINS. IN BUSINESS, IN LIFE, IN THE BOTTOM LINE.

In today's business world, success doesn't belong to the smartest or the fastest - it belongs to those who refuse to quit.

The ability to **push forward despite setbacks, solve problems under pressure, and stay relentlessly focused on results** is what separates thriving companies from struggling ones.

Drawing from years of challenging experiences and interactions with high-achievers, **Paris has mastered grit in its rawest form.** He has a ground-breaking perspective on success and reveals that grit is not an innate talent, but **a trait that can be exercised, strengthened like we would a muscle through consistent training.**

Now, Paris brings "**The Grit Code**" to corporations, which focuses on **practical, actionable strategies** that helps individuals and teams build **mental resilience, transform challenges into lucrative opportunities**, and consistently achieve their most ambitious goals.

If you want a workforce that thrives in uncertainty, embraces challenges, and turns setbacks into profits, Paris will deliver the blueprint.

TESTIMONIAL

"Paris Norriss is a true adventurer and entrepreneur. He came to speak with our Soldiers in Hawaii to tell them stories on his adventures including his most recent, rowing across the Pacific Ocean to Kauai. His story showed our team what the world has to offer, to be resilient and how important teamwork can be especially in times of hardship."

- **Commander Tom Plumb, US Army at Fort Shafter, Pearl Harbor**

NOTABLE ENGAGEMENTS

US Military, Hawaii, USA
Expo2020, Dubai, UAE
COP28, Dubai, UAE
DHL, Athens, Greece
Arabian Travel Market, Dubai, UAE
Dubai Airports, Dubai, UAE



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ParisNorriss.com // Paris@BlazingSandStudios.com // +971 501590252