



Liv Arnesen.

Liv Arnesen is a lecturer, educator and explorer

Liv Arnesen's rich life experiences, both on and off the ice, have made her an internationally recognised leader and role model for women and girls. A self-proclaimed "keen", but not fanatical outdoor enthusiast, Arnesen is most interested in the development of adults and children. Through her diverse roles as a polar explorer, educator and motivational leader, Arnesen ignites passion in others to reach beyond their normal boundaries and achieve their dreams by sharing her own stories about exploring some of the most remote places on earth.

Arnesen is a highly sought-after motivational speaker among corporations, schools and non-profit organisations. She has been named among Glamour magazine's "Women of the Year" (2001); selected for the Scandinavian-American Hall of Fame's "Trailblazer" award (2001); presented with the Norwegian-American Chamber of Commerce "Achievement Award" (2001); and recognized by the Russian Geographic Society with a "Diploma of Honour" (1999).

Reference: <http://livarnesen.com/about/>