



SPEAKER ONE-SHEET

Cam Treble

Speaker · Mentor · Adventurer

Life changed. The adventure didn't.

In July 2025, Cam's life changed dramatically following a paragliding accident that resulted in a T10 spinal cord injury and paralysis from the waist down. Before his accident, adventure was already central to who he is — paragliding, skiing, motorbiking, freediving, and seeking out experiences that pushed him beyond his comfort zone. **Since then, he's returned to the water, taken up wheelchair sports, trained with the GB Paralympic biathlon team, and found new ways to experience the adventures he once thought he'd lost.** Today, Cam shares his experience through speaking, mentoring, and adventure — helping audiences rethink what's possible when life doesn't go to plan.

WHAT CAM SPEAKS ABOUT

Resilience & overcoming adversity

Adapting to a life-changing event, dealing with setbacks, and finding the motivation to keep moving forward.

Mindset & perspective

The mindset shifts that helped Cam navigate the biggest challenges of his life.

Young people & finding your potential

Lessons from Cam's work as an Expedition Leader on the impact of challenge and responsibility on young people.

Stepping outside your comfort zone

Why growth rarely happens when everything feels comfortable — and what embracing uncertainty can teach us.

Disability & challenging perceptions

Challenging assumptions around disability — a different way of doing something isn't a lesser experience.

Formats: 20-minute keynote to a longer presentation, Q&A or interactive session — tailored to the audience. **Audiences:** schools & youth organisations, businesses, sports teams and community groups.

A FEW HIGHLIGHTS SINCE HIS INJURY

Silver

UK Adaptive Surfing
Nationals

330km

Hand-cycled along the
Danube

GB Team

Trained with the
Paralympic biathlon
squad

Back on the water

Adaptive waterskiing &
wakeboarding

“You don't always have to get back to the life you had. Sometimes you have to discover a completely new version of it.”

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