

Building Resilience

Dynamic presentations drawn from years of adventure in the Far North for schools, non-profits, businesses, and anyone interested in how resilience can help build strong connections and a stronger self.

Building on a more than 25-year career as an endurance and adventure athlete, college professor, and coach, Pavel illustrates — through captivating images, video, and unforgettable storytelling — how moving through landscapes can more intentionally connect us with the natural world. Over the past five years through the Climate Run project, Pavel has devoted himself to adventure runs across the Scandinavian Arctic and Sub-Arctic as well as in the United States.

Pavel's presentations include stunning photographs of remote mountain landscapes and portraits of nature that speak to our intimate connection with the places we inhabit and travel through.

His background and experience sharing presentations with thousands of people – from middle & high school students to European climate researchers to senior scholars in the U.S. – gives Pavel the skills to make our connection to complex systems like the global climate and seemingly remote events like melting glaciers and changes in ocean temperature clear and understandable. He helps audiences explore the question:

How can resilience thinking help build a stronger future for us and our communities while strengthening our connections with the natural world?



Interested in hosting a Climate Run talk? Contact Pavel!
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