

NOAC 2024

CU Boulder



SEEK NEW HEIGHTS

What Adventure Swimming Taught Me About Leadership and Life

LEARNING OUTCOMES

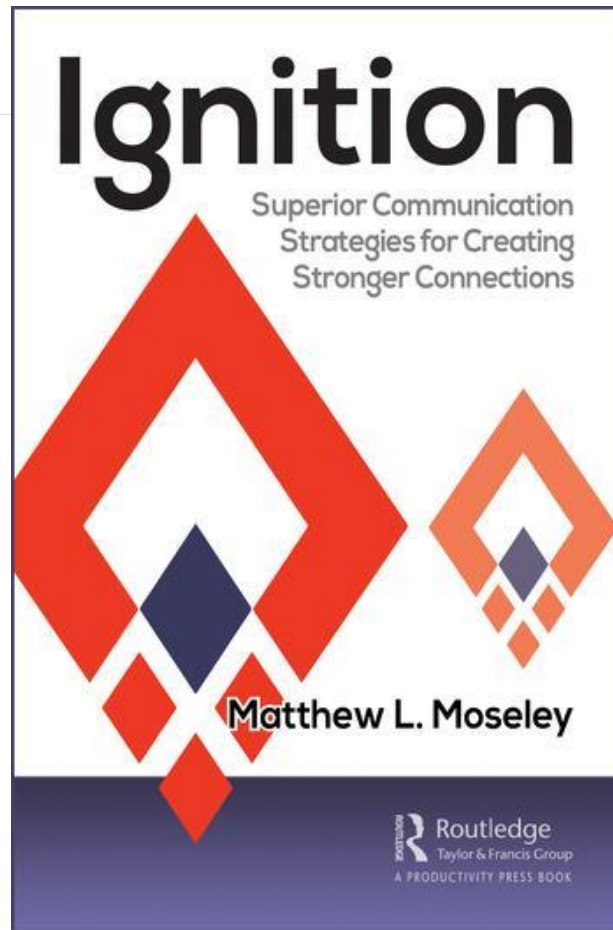
Outcome 1: People can't live where fish can't swim: Why water is the most critical issue of our time.

Outcome 2: The importance of adaptability and developing grit.

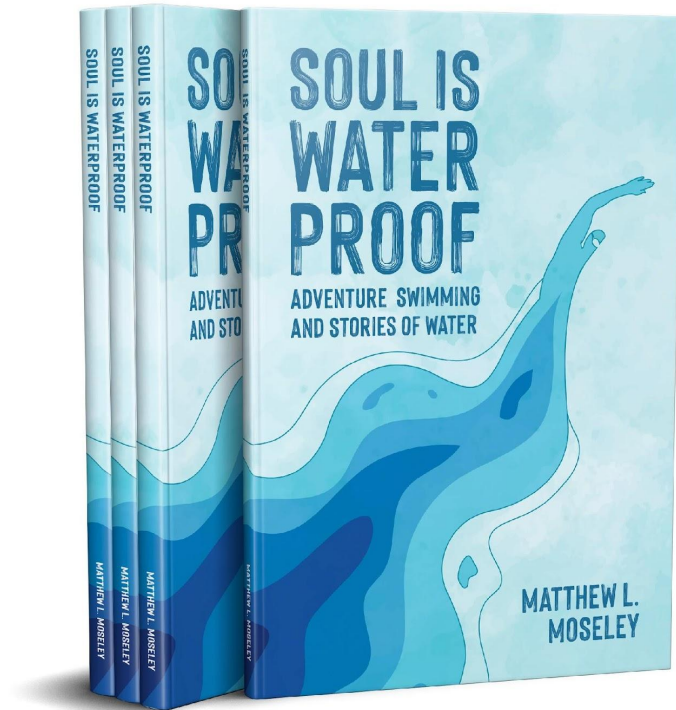
Outcome 3: Human Agency: Not looking outside yourself for a leader







SOUL IS WATERPROOF IS
ABOUT A LOVE OF OPEN
WATER ADVENTURE
SWIMMING, BUT MORE
SO, IT IS ABOUT A LOVE
AFFAIR WITH WATER
ITSELF.













































LESSONS FROM WATER:

- The Dream: Goals and Vision
- Perseverance & Training
- Team
- Expect the Unexpected
- Change and Adaptability
- Become comfortable with being uncomfortable
- Human Agency



AGENCY

An individual's capacity to determine and make meaning from their environment through conscious and creative action.



LEADERSHIP AND AGENCY

Immediate awareness of their physical activity and the goals that the activity is aimed at realizing.

In 'goal directed action' an agent implements a kind of direct control or guidance over their own behavior.^[1]



Learning time management, perseverance, humility, respect



Every swimmer needs to overcome doubt, fear,



Needs help in managing the uncertainty which saps morale and eats away at motivation



Swimming in LEADERSHIP AND LIFE....

Swimming provides challenges and rewards accomplishments, which helps one to become self-confident and believe in their abilities.”

Leadership like swimming cannot be learned by reading about it.
It can only be learned by doing.

New leaders are often thrown in. They either sink or swim.

Humility



CONCLUSIONS: WHAT YOU SHOULD HAVE LEARNED:

1

THE INFINITE
POWER OF
HUMAN AGENCY

2

SOUL IS
WATERPROOF:
CHANGE AND
ADAPTABILITY

3

DO NOT LOOK
OUTSIDE YOURSELF OF
A LEADER; YOU ARE
THE PERSON YOU'VE
BEEN WAITING FOR





"...Mind boggling ... Maybe we need some level of human craziness to make people realize there is a huge and growing problem with our water and rivers that supply it."

Pete McBride - *National Geographic* photographer and journalist

Waterman Matt Moseley has a passion for long-distance swims in sometimes treacherous waters. Whether it's New Orleans, the Caribbean, the Colorado River, the Sea of Galilee, or points between, he dives into new challenges, and in *Soul is Waterproof* he invites you to experience the adventures along the way.

Moseley shares his unique connection to rivers, lakes, and oceans while offering historical context from literary luminaries who have deepened his appreciation of life in, on, and around the water. In emotional stroke-by-stroke accounts, he lays bare the beauty and the burden of adventure swimming and explains why water will be the defining issue of our times. As he discovers crossing one body of water after another, people can't live where fish can't swim. *Soul is Waterproof* offers you a coveted spot on Moseley's support boat, so prepare yourself: Captivating stories involving larger-than-life characters unfold around every bend.

SOUL IS WATERPROOF

SOUL IS WATER PROOF

ADVENTURE SWIMMING
AND STORIES OF WATER

MATTHEW L.
MOSELEY



MATTHEW L. MOSELEY



TAKEAWAY CHALLENGE

*You are the leader you've been
looking for*

*Where in your life do you have
unique Agency?*

Go Where Grottos Echo

