



JON ROSE

SPEAKER • HUMANITARIAN • FOUNDER • ATHLETE

47 Disasters Later.

The cost of showing up, and the power of coming back.
A Story About Burnout, Healing, and Human Resilience.

15

YEARS ON FRONTLINES

47

DISASTERS

5

WAR ZONES

4M+

PEOPLE SERVED

ABOUT JON

MC INTRODUCTION

Jon Rose is a former professional surfer turned humanitarian founder who served in 40+ disasters worldwide and now helps leaders and teams navigate the hidden costs of pressure, purpose, and service.

SHORT BIO

Jon Rose is a former professional surfer and the founder of Waves For Water, a global clean-water organization that has helped millions of people across 51 countries and responded to more than 40 major disasters. For over 15 years, he worked in some of the world's most challenging humanitarian environments—from post-earthquake Haiti to war-torn Afghanistan—designing agile systems that deliver real help in real time.

After years of operating under extreme pressure, Jon stepped back from frontline disaster work to confront the personal cost of chronic stress, trauma, and burnout. Today, he shares the lessons from that journey through keynote speaking, his consultancy Odyssey 45, and his docu-series Unpacking, helping leaders and teams navigate purpose, resilience, and transformation.

CREDENTIALS

- Founder, Waves For Water (4M+ served)
- First responder: 47 disaster zones
- Former Professional Surfer
- 15+ years humanitarian experience

KEYNOTE TOPICS

SIGNATURE KEYNOTE

HEALING THE HELPER

The cost of showing up and the power of coming back.

Jon Rose — former professional athlete, founder of Waves For Water, and frontline humanitarian in some of the world's most extreme disaster and conflict zones — tells a raw, vulnerable, and ultimately empowering story about what happens when purpose, pressure, and service collide.

In Healing the Helper, Jon traces his journey from childhood conditioning to perform and provide, through a decade of chasing fear and flow in professional surfing, into fifteen years of crisis-zone humanitarian leadership... and the moment it all collapsed. What emerged was a deeply human process of unwinding old patterns, reclaiming energy, and returning home to self.

This talk is both emotional and practical: a roadmap for leaders, caregivers, founders, and high-performers who give endlessly — and need to learn how to rebuild without losing their fire.

AUDIENCE TAKEAWAYS

- **Identify hidden patterns** — Recognize the psychological and emotional patterns that drive chronic over-giving and over-performing
- **Transform burnout into clarity** — Learn nervous-system oriented practices and micro-recovery tools to move through burnout
- **Build sustainable service** — Learn to lead without self-abandonment — service that doesn't require sacrifice
- **Presence over performance** — Replace 'performance under pressure' with 'presence under pressure'
- **Boundaries with compassion** — Create boundaries without losing compassion or purpose
- **Reconnect with core identity** — Rediscover who you are beyond achievement or utility
- **Sustainable rhythm** — Cultivate a life rhythm that supports long-term leadership, creativity, and impact

IDEAL AUDIENCES

- CORPORATE LEADERSHIP TEAMS
- FOUNDERS & ENTREPRENEURS
- FIRST RESPONDERS & FRONTLINE WORKERS
- NONPROFIT LEADERS & SOCIAL IMPACT

ADDITIONAL TOPICS

THE ADVENTURE PARADOX

Leadership Lessons from the Frontline

- CORPORATE LEADERSHIP
- ENTREPRENEURS
- SALES TEAMS

LOOKING BACKWARDS TO MOVE FORWARD

Ancient Wisdom for Modern Burnout

- WELLNESS
- EDUCATION
- CULTURE
- COMMUNITY

"Jon's keynote was one of the most inspiring experiences of my career. He's one of those rare speakers whose passion and purpose stay consistent no matter the audience. Our leadership team left with a completely new perspective on sustainable performance."

— NIC RENDIC, VP GLOBAL CREATIVE DIRECTOR, DOCKERS/LEVI STRAUSS AND CO.

BOOK JON TO SPEAK

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