



Turning a Setback into a World-Class Comeback: Rewired, not Retired

A lecture by Paralympian, Sean Rose

Wednesday 26th November 2025, 6.00pm-7.00pm

(Tea and coffee served from 5.45pm)

Lillingstone Mind and Body Zone, ek robotics Sports Campus, Royal Latin School

Back in 2000, while serving in the Royal Air Force, Sean was involved in a freak skiing accident that left him paralysed from the ribs down. Despite the huge challenges that followed, he developed simple but powerful mental strategies to help him rebuild, refocus, and chase dreams many thought impossible.



Since then, Sean has lived an extraordinary life – becoming a three-time world disabled water ski champion, Britain's first world cup gold medal Alpine ski racer, winter X-Games medallist, double Winter Paralympian, and the world's first disabled snow-kite adventurer. He's also a licensed pilot, TV presenter, business owner, and a sought-after guest speaker.

With honesty, humour, and heart, Sean will share how we can all overcome the 'speed bumps of life' – and turn setbacks into incredible journeys filled with purpose, passion, and possibility.

Entry to these lectures is free to all members of the local community. For further details, or to book a seat, visit www.royallatin.org/lillingstone-lectures or email Lucy Beckett -

lbeckett@royallatin.org, Tel 01280 827306.

