



ROBERT "FIREMAN ROB" VERHELST

FIREFIGHTER & VETERAN | KEYNOTE SPEAKER & RESILIENCE EXPERT



WWW.FIREMANROB.COM

Robert "Fireman Rob" Verhelst is a dynamic storyteller whose inspirational voice challenges audiences to find the courage to lead their own lives. He helps people become stronger leaders of themselves and greater assets to their teams by demonstrating how to live with courage, passion, and mental strength.

As a keynote speaker and workshop facilitator, Fireman Rob has inspired audiences ranging from Fortune 500 companies to schools and universities. His message is grounded in lived experience — forged in the fires of a 20+ year career as a firefighter, tested through survival and resilience as a 9/11 search and recovery responder,

and proven through feats such as competing on Discovery Channel's Ultimate Ninja Challenge and completing Ironman races in full firefighting gear.

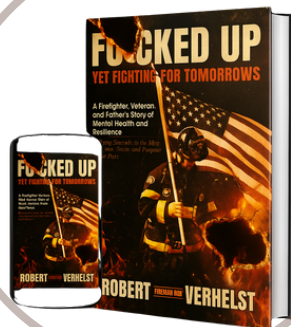
From overcoming post-traumatic stress disorder, to breaking world records, to the daily lessons of being a father, Rob doesn't just speak about resilience — he lives it. His authentic stories, hard-earned lessons, and 7 Catalysts for Growth leave audiences inspired, equipped, and ready to face their own fires.

AUTHOR

PODCAST HOST

KEYNOTE SPEAKER

MINDSET COACH



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YOUR STRENGTH IS IN YOUR PASSION.

INSPIRING STUDENTS TO LEAD WITH COURAGE AND CONFIDENCE.



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Robert "Fireman Rob" Verhelst's story inspires students to find their own strength through a variety of different media.

- **Books for Students:** *The Strong Kids Book Series* (confidence, resilience, character), plus *Forged in the Fires* and *F@ked Up Yet Fighting for Tomorrows*.
- **Forged in the Fires Podcast:** 250+ episodes | 30,000+ downloads, featuring resilience lessons and inspiring guests from around the world.
- **Fireman Rob Foundation:** has delivered 9,000+ Gund Bears and Strong Kids Books to children in 48 states and 4 countries, teaching others that *Simple Moments Impact Lives Every day (SMILE)*.



Accolades:

- 🏆 World Record – 40 miles in full firefighter gear in 24 hours
- 🏆 World Record – 23 Half Ironman races in one year (all in fire gear)
- 🏆 Ironman Performance of the Year
- 🏆 Jefferson Award for Public Service
- 🏆 Triathlon Magazine "Best Record-Breaking Performance"

School Engagement Options:

- **School Assemblies (30-60 minutes):** High-energy, story-driven talks that inspire courage, resilience, and integrity.
- **Student Leadership Workshops (1-2 hours):** Interactive sessions teaching decision-making, ownership, and confidence for young leaders.
- **Parent & Educator Sessions:** Programs that equip adults to reinforce resilience and mental strength in children.

"FIREMAN ROB MAKES RESILIENCE REAL. HIS STORIES AND LESSONS IGNITE COURAGE IN STUDENTS TO BELIEVE IN THEMSELVES AND LEAD WITH PASSION."

After Fireman Rob's talk, students will:

- Leave with confidence, courage, and strategies to thrive through challenges.
- Applicable leadership skills that are tangible and relatable.
- Show students that passion is their strength through "Fireman Rob's" real-world messages and actions.
- Develop confidence and integrity as leaders.
- Discover how to overcome adversity with passion.
- Learn that even small actions (Simple Moments Impact Lives Every day) can create lasting impact.

FIREFIGHTER | VETERAN | ENDURANCE ATHLETE | AUTHOR | PODCASTER



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