

Phil Keoghan

Host

Phil Keoghan is best known for his role as host of Jerry Bruckheimer's television show, *The Amazing Race*, which has earned him five Emmy Awards and is now going into its 13th season. Phil's life has been full of travel and adventure. He started traveling at the age of two accompanying his father, a plant scientist and mother who taught music, to third world countries all around the world. Phil started working as an assistant camera operator for Television New Zealand before being picked to host, *Spot On*. Over the past 20 years he has gone on to work in over 100 countries around the world as motivational speaker, author, television host, actor, producer, and cameraman on thousands of program episodes.



A pivotal moment in Phil's life came after a near death experience at the age of 19 when he found himself lost at 120 feet inside a 22,000 ton ship wreck. Surviving this life changing experience prompted Phil to write a list of things to do before he died and develop a philosophy he calls, No Opportunity Wasted or N.O.W. for short. Phil's NOW philosophy is about learning how to live while you still have the chance, letting go of the handrails, thinking outside the box and using your imagination as your currency. As an avid adventurer, Phil co-created and co-produced a number of original television series including: *Short Sportz*, a sports show encouraging kids to get involved in sports; *Keoghan's Heroes*, featuring top thrill seekers around the world; *E-Team*, an environmental pilot; *The Human Edge*, profiling innovative people for National Geographic; and *Phil Keoghan's Adventure Crazy*, which airs around the world on The Discovery Networks. Phil's passion for life prompted Oprah Winfrey to invite him on her show to talk about his life philosophy and he has recently made frequent appearances. In one episode he was asked to help a woman, terrified of heights, rappel from the top of America's tallest bridge. Phil is also a regular motivational speaking having appeared at a number of major colleges, the Learning Annex in New York as well as numerous corporate bookings in the U.S., New Zealand, Australia, South America and Canada. In 2004 Phil released a self-help book called, *No Opportunity Wasted, NOW*, (8 ways to create a list for the life you want). The NOW book was a best seller in New Zealand and Australia and was developed into a television series (13x1 hour episodes) for The Discovery Channel. Challengers are given just 72 hours to take on a life changing opportunity. <http://www.noopportunitywasted.com>. The US television series was honored for excellence at the Banff Television Festival. The NOW format was produced for network television in New Zealand and the CBC in Canada which won awards at the Houston Film Festival and World Media Awards. Phil is currently profiling captivating characters with great stories in a series called, 'Keoghan's Heroes' for CBS News.



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