



MAJOR SCOTTY MILLS
ROYAL MARINES (RET'D)

PODIATRY UK CONFERENCE
23TH NOVEMBER 2023



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Global Motivational Speaker
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COMMANDO ETHOS



The Commando Mindset:

Be the first to understand; the first to adapt and respond; and the first to overcome.

The Commando Values:

- Excellence
- Integrity
- Self-Discipline
- Humility

The Commando Spirit:

- Courage
- Determination
- Unselfishness
- Cheerfulness



'HUMBLE BEGINNINGS'



GAME CHANGING INTEGRITY

'THE COMMANDO STANDARD HAS REMAINED UNCHANGED'



© MATT AUSTIN



GAME CHANGING PERFORMANCE

'THE GREATEST TEAMS PERFORM AT THEIR BEST WHEN THE PRESSURE IS AT ITS HIGHEST'



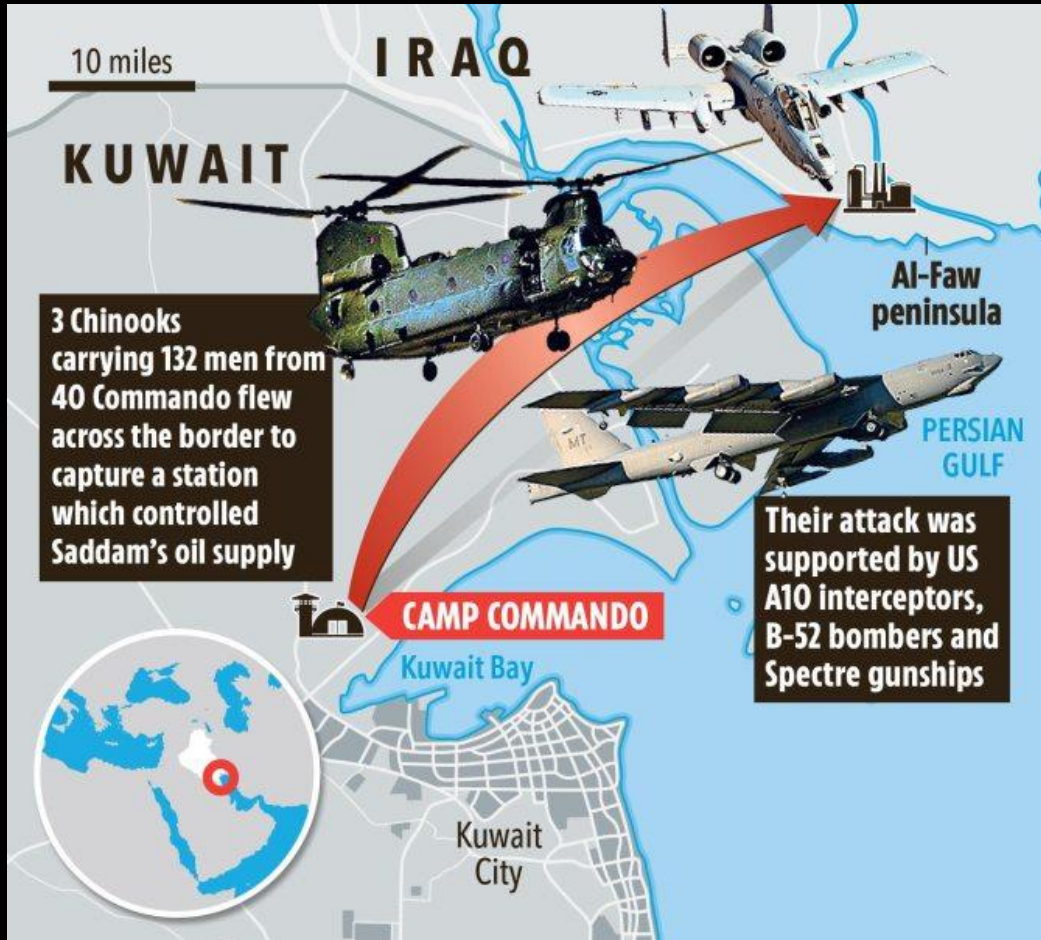
Become accustomed to uncertainty **Do the things that others wont do**

Expect the unexpected

THEATRE ENTRY 'DO OR DIE' OPERATIONS

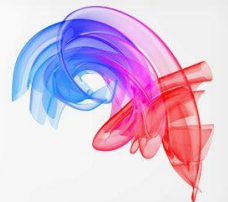


THEATRE ENTRY 'DO OR DIE' OPERATIONS





British
Gymnastics
More than a sport.



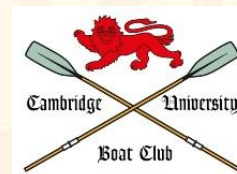
THE
OPEN



High Performance Sport



ORACLE
RACING



ENGLAND 2003



How the Marines helped England win the World Cup

ARTICLES / LEADERSHIP / ROYAL MARINES



England trained with the Marines shortly before the 1999 Rugby World Cup

WRITTEN BY SIMON AUSTIN – MAY 23, 2017

SIR CLIVE WOODWARD says training with the Marines was key to his side winning the 2003 Rugby World Cup.

The squad spent time with the elite amphibious force in the run-up to the 1999 tournament, but Woodward says there wasn't enough time for their lessons to take effect. His side suffered a heavy loss to South Africa in the quarter-finals.

Four years later, it was a different story, as the Marines culture had really taken hold within the England set-up.

Woodward remembers a senior Marine trainer telling him: "Ok, if you want to hear it, there are men in your squad who we wouldn't go into battle with. It's not about their skills, it's about their attitude and effect on the team."





GB HOCKEY 2016

KATE RICHARDSON-WALSH

OLYMPIC **GOLD** MEDAL TEAM GB CAPTAIN



'INSPIRATIONAL LEADERSHIP BY EXAMPLE'



1st GB Olympic Hockey Gold Medal since 1988





LEADERSHIP





TOGETHERNESS





RESILIENCE





CHEERFULNESS





WINNING 'COMMANDO' MINDSET



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WORLD CUP 2018
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GARETH'S BARMY ARMY World Cup 2018: England heroes train with Royal Marines in incredible footage which shows Gareth Southgate's brutal preparation for tournament

Three Lions boss whisked team away last year for a weekend roughing it in the woods with battle-hardened Commando

EXCLUSIVE By David Williams, Defence Editor
11th July 2018, 2:54 pm | Updated: 11th July 2018, 3:55 pm

Mirror Sport INSIDE: YOUR GREAT EURO 2020 PULLOUT PLUS: REPORTS & ANALYSIS OF ALL THE DRAMA AT WEMBLEY

NEW FOR SUNDRY'S FINAL

ENGLAND 2 DENMARK 1 (AET) SEMI-FINAL

PARTY LIKE IT'S 1966

Kane ends our 55 years of hurt AND England's semi curse to sink the Danes and send a nation wild

FED OUT OF WIMBLEDON.. IS IT THE END?

DAILY Mirror FIGHTING FOR YOU Saturday, July 7 2018 £3.20

Free f1 shop bet for the World Cup at Ladbrokes

CAPTAIN FANTASTIC: MY BAND OF BROTHERS

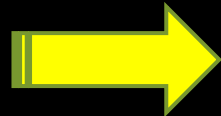
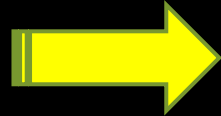
Harry's rallying call as England go for glory against Sweden at 3pm

FREE Daim multi-pack bag at **IKEA** WIN a Southgate waistcoat



'WHY THEY CHANGED!'

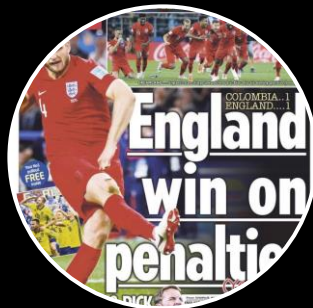
- ✓ Values & Standards
- ✓ Culture
- ✓ Identity
- ✓ Resilience
- ✓ Collaboration
- ✓ Togetherness
- ✓ Ownership
- ✓ Trust & Empowerment
- ✓ Embrace Failure
- ✓ Motivation
- ✓ Composure
- ✓ Cheerfulness
- ✓ Leadership
- ✓ Belief



Fearless



Original



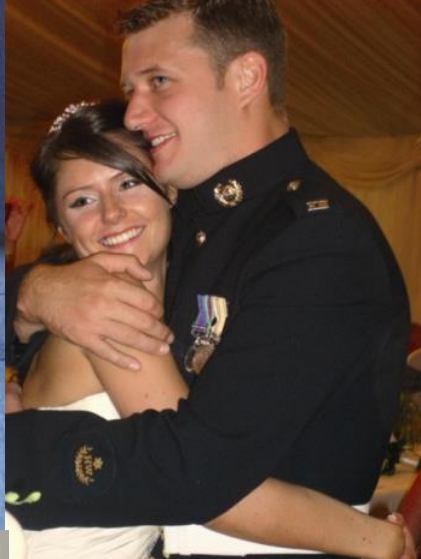
Composed

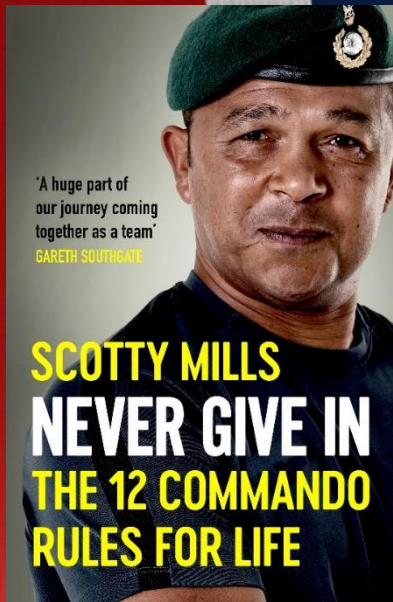


SPECIAL MOMENTS



TINGED BY MUCH SADNESS...





QUESTIONS?

