Bear Grylls Discusses Confidence, Imposter Syndrome, Resilience and Challenges

Bear Grylls is a British adventurer and TV presenter. He is best known for participating in and presenting various wilderness survival shows both in the UK and the US. In one of his most famous expeditions, he led a team of 4 to climb one of the most remote unclimbed peaks in the world in Antarctica. He has also successfully climbed Mount Everest and successfully crossed the Atlantic Ocean on an inflatable boat.

Bear Grylls speaks with a Received Pronunciation British accent. Watch the video and answer the questions - some contain quite a lot of detail. See if you can answer with as much detail as possible.

https://www.youtube.com/watch?v=V6mZJRb9MZY

Vocabulary to check before answering the questions:

dogged (pronunciation: /doggid/) - very determined to continue doing something
imposter syndrome: A feeling that you are not competent in something, when really you are competent.
to stumble - to lose balance when walking and almost fall
lens - the piece of glass in a camera or a telescope
to hone - to slowly perfect something over a period of time
to trump something - to beat something by being better

Watch the introduction to Bear Grylls (00:00-01:28)

Confidence

1. **(01:28-02:21)** What does Bear Grylls say about school culture, and how does that differ from real life?

2. **(02:21-02:53)** What did Bear Grylls enjoy doing as a child?

3. **(02:53-03:21)** What did Bear Grylls' dad say was the key to life, and what attitude should someone adopt?

4. **(03:39-04:37)** According to Bear Grylls, what is a common misconception about confidence, and what does he say that confidence is?

Imposter syndrome

5. **(07:54-08:25)** Why does the interviewer ask Bear Grylls about 'imposter syndrome'? Can you get all the adjectives that the interviewer uses here?

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6. **(08:25-09:24)** How has Bear Grylls' imposter syndrome changed as his career has progressed, and what explanation does he give for this?

7. **(09:59-10:18)** What was the main difference between Bear Grylls' first show and conventional TV survival shows?

8. **(10:18-10:38)** What was the main premise of the show?

   BONUS QUESTION: (10:38-11:00) What are the exact words that Bear Grylls uses in these 22 seconds?

9. **(11:00-11:42)** What does Bear Grylls describe as his strengths?

Chasing bigger challenges

10. **(23:25-24:09)** What does Bear Grylls say about chasing bigger challenges?

11. **(24:09-24:21)** What piece of wisdom did Bear Grylls read recently, and what are his thoughts on it?

12. **(24:21-24:53)** What does Bear Grylls say about the goals that he still has?