TED is a platform for ideas worth spreading. Started in 1984 as a conference where technology, entertainment and design converged, TED today shares ideas from a broad spectrum — from science to business to global issues — in more than 100 languages. Meanwhile, independent TEDx events help share ideas in communities around the world. www.ted.com

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Each week we’ll have time to watch 4-6 talks – a mix of funny and sad, beautiful and soul-searching, but all given by speakers who are passionate about their topics.

Week 1 --- October 18, 2018

Alex Honnold  How I climbed a 3,000-foot vertical cliff — without ropes  12 min
Imagine being by yourself in the dead center of a 3,000-foot vertical cliff -- without a rope to catch you if you fall. For professional rock climber Alex Honnold, this dizzying scene marked the culmination of a decade-long dream. In a hair-raising talk, he tells the story of how he summited Yosemite's El Capitan, completing one of the most dangerous free solo climbs ever.

Minda Dentler  What I learned when I conquered the world's toughest triathlon  12 min
A 2.4-mile swim, a 112-mile bicycle ride and then a full-length marathon on hot, dry ground -- with no breaks in between: the legendary Ironman triathlon in Kona, Hawaii, is a bucket list goal for champion athletes. But when Minda Dentler decided to take it on, she had bigger aspirations than just another medal around her neck. She tells the story of how she conquered this epic race, and what it inspired her to do next.
A record-setting triathlete, Minda Dentler is a polio survivor committed to inspiring people to move beyond their fear of failure and achieve their goals.

Rita Pierson  Every kid needs a champion  8 min.
Rita Pierson, a teacher for 40 years, once heard a colleague say, "They don't pay me to like the kids." Her response: "Kids don't learn from people they don't like." A rousing call to educators to believe in their students and actually connect with them on a real, human, personal level.

Sir Ken Robinson  Do schools kill creativity?  20 min.  2006
Creativity expert Sir Ken Robinson challenges the way we're educating our children. He champions a radical rethink of our school systems, to cultivate creativity and acknowledge multiple types of intelligence.
Why don't we get the best out of people? Sir Ken Robinson argues that it's because we've been educated to become good workers, rather than creative thinkers. Students with restless minds and bodies -- far from being cultivated for their energy and curiosity -- are ignored or even stigmatized, with terrible consequences. "We are educating people out of their creativity," Robinson says.

BJ Miller  What really matters at the end of life  19 min
At the end of our lives, what do we most wish for? For many, it's simply comfort, respect, love. BJ Miller is a hospice and palliative medicine physician who thinks deeply about how to create a dignified, graceful end of life for his patients. Take the time to savor this moving talk, which asks big questions about how we think on death and honor life.