

# REACHING NEW HEIGHTS

An unforgettable journey integrating leadership, team-building, resilience, and psychological insights with captivating mountaineering analogies

**“Outstanding presentation!”**

– Tom Reid | Global Marketing Director  
Hatch

**“Riveting!”**

– Joanne Scafidi | PMI New Jersey

**“Truly inspiring”**

– Michael Mendick | Construction  
Management Association, CT

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*Speaker | Author | Performance Coach*

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# REACHING NEW HEIGHTS

*Reaching New Heights* is an engaging visual and educational experience packed with tools, strategies and actionable ideas that can be put into practice to make positive changes in our professional and personal lives. It is built around the two years of planning and two months of climbing that went into making the goal of reaching the summit of Mount Everest a reality for Alan and three members of his immediate family. Considered one of humanity's greatest feats of physical, mental and emotional endurance, the exciting expedition to the top of the world's highest peak is a journey filled with unparalleled challenges through some of the roughest, most extreme conditions imaginable. The powerful strategies and skills that contributed to this achievement, especially during the intense and at many times critical situations, can be applied to all aspects of life.

## KEY TAKEAWAYS

- The importance of maintaining an adaptive mindset
- Empowering team members to make informed decisions
- Agile tools for making adjustments by incorporating lessons learned
- Maintaining positive mental-health and controlling focus
- Resilience and perseverance in achieving strategic goals
- Developing trust and cohesion in professional relationships
- Improving communication and breaking down barriers
- Risk management, mitigation and developing response strategies

**“Extremely motivating. Everyone has an ‘Everest’ to conquer and Alan’s techniques are spot on”**

**– Jennifer Krause | Caterpillar**

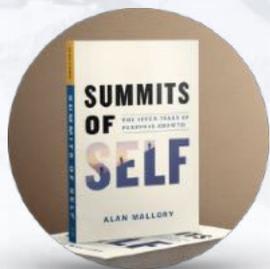


## ALAN'S BIO

Alan is an international speaker, author and performance coach who is passionate about reaching new heights in all that we do. He has a degree in Engineering from Queen's University and a Masters in Psychology from Adler University giving him a well-balanced approach to the inner and outer challenges we all face. Building experience through a lifestyle of adventure and challenge, Alan embarked on the journey of a lifetime and set a world record on Mount Everest along with three members of his immediate family. He believes in empowering people and embracing an agile mentality focused on relationships and results.



## ALAN'S BOOKS



Copies of Alan's books: *The Family that Conquered Everest* & *Summits of Self* can be incorporated as draw prizes, event giveaways or for each attendee to take home. Bulk discounts and/or signed copies arranged upon request.



## FORMAT AND DELIVERY OPTIONS



**1-hour & 90-minute keynote presentations**



**Interactive breakout sessions**



**Half & full-day training workshops**



**Virtual & hybrid programs**

**“The best program I have seen in the past 10 years”**

– Martin Brossoit | District Sales Manager | General Motors

