



## LEARNING TO FLY - LESSONS FROM THE AIR:

### Embracing Change, Managing Risk and Fear

In today's ever changing world, businesses and individuals are faced with a constant stream of information, choices and change. The traditional pathways to success are also changing, as are perceptions of risk, sustainability and achievement.

Extreme experiences are a compelling metaphor for life and work. Steph speaks on the lessons she's learned in the mountains and in the air as a professional climber and wingsuit pilot, and in choosing a highly nontraditional career path.

The audience will take away Steph's tools for:

- Managing change
- Embracing failure
- Understanding risk and fear
- Cultivating adaptability
- Preparing for opportunity

Audiences are encouraged to view their own challenges through a new lens, recognizing the power of adversity and evolution, and the value of crafting an uncommon life.

Format: Steph's keynote presentation is 50 minutes and illustrated with breathtaking videos and slides plus 15 minutes for open Q & A with the audience.

Steph also offers a 20 minute Ted-length presentation.

Presentations can be adapted for focus on the following themes:

#### Collaborating With Fear

Getting comfortable with being uncomfortable: learning to rename fear and use it to move forward.

#### Extreme Risk Management

Lessons from the most high commitment sports: free solo climbing and wingsuit BASE jumping: how you can manage risk, deal with loss and embrace growth through discipline and calculated risk.

#### Going From Impossible to Possible

Learning to evaluate your strengths and weaknesses with honesty in order to go to the next level when the time is right. Achieve huge goals, step by step, through assessment, preparation, training and mental attitude.

#### Change and Transformation

Why you need crisis: how to adapt to it, how to rename it and how to grow from it.

#### Plant Based Power

How a whole foods diet took my climbing to the next level and how you can improve your health and your athletic and professional performance.

#### Personal Sustainability

Create a foundation of inner strength and balance through small, daily choices that have a ripple effect on your community, relationships and personal happiness.