



## **Lessons From Everest: (outline)**

David will use the lessons from the 1<sup>st</sup> Singapore Mt Everest expedition as an example of how people and teams on mountains work best together, and the kind of self and team leadership needed to succeed. He shares the kinds of successful mindsets and attributes that helped the Singapore expedition's 4-year project – to put a group of tropical island climbers on top of the world- succeed. Some lessons covered include

- **Finding purpose in your work and goals**

David kicks off with asking the question “why do you do what you do” showing how finding purpose or rediscovering our purpose at work can energise and propel us forwards to our goals

- **Leading change, to succeed**

David shares two powerful stories on how we often resist change and gives the neuroscience reason why this happens, and what we can do about it. Leading rather than reacting to change produces amazing results including but not limited to his own physical transformation in 2012 to succeed climbing a 6000-m high virgin peak

- **Ambitious goal setting- and goal getting**

Using the metaphor of climbing Mt Everest, David shares the actual personal skills each person on such a team needs to have to reach that goal. This includes but is not limited to objective visualization, and cultivating the right emotional relationship with the goal on a daily basis. Sharing a big goal with a group of people who share a similar purpose helps motivate them as it provides the spice of uncertainty of success, thereby eliciting greater efforts than usual. Transference of success in games and sports to the business world is dependent on the ability of the practitioners to make the correct connections and find appropriate relevance.

- **Reaching the top as one team**

David shares how teamwork is not a group skill, but an individual skill where a shared goal, driven by a deep sense of purpose, clarity of roles, processes that

bring success, and building collaborative relationships – are the key ingredients for a summit achievement

- **Creating the right set of beliefs to succeed**

Instead of focusing on 'doing more' all the time, David invites audiences to consider how beliefs change feelings which then shift daily observable actions that thus lead to different/changed result

- **Overcoming obstacles and adapting to change**

Beyond the matter of climbing peaks, how would we cope with catastrophic change in our lives? Since his paralysis and disability from Guillain-Barre Syndrome in 1998, David shares not only his personal comeback and the mindsets to lead change (versus being led by change), and what the latest research is showing us about how to create sustainable change. And with change comes new frontiers. David will explore and challenge audiences to think about possibilities instead of impossibilities – illustrating some climbs pulled off by an all-disabled mountaineering team – and more.

- **Doing More with Less**

David shares the mindset needed to liberate oneself from the perception that all big projects need significant resources, support and manpower to succeed – when in reality, certain objectives can be met with having highly motivated individuals, a challenge-mindset, and the willingness to adapt to a dynamic situation. David calls this the Alpinist Attitude and gives concrete examples of how this can be achieved

- **Good is the enemy of great**

David may use a recent climb as an example of how complacency and loss of focus can affect a team, and when remedied, can lead to greater success

### **Why David's Lessons From Everest:**



**Experience:** 1st Singaporean **Certified Speaking Professional (CSP)**, and among just 12% of the 6500 professional experts who speak and consult worldwide with the credential. 10 years as a motivational skills consultant, leadership expert, teambuilder, executive coach and master trainer. In Dec 2013, he joined an elite group of global speakers by joining the ranks of the first 21 CSPs in receiving the CSPGlobal credential.

Over 200 clients in the past five years, and over 60 programmes delivered annually. David has delivered solutions in 71 cities, 30 countries.

**Real-time leadership experience** over 20 years of high-level mountaineering expeditions, a decade in corporate business, and the past decade as a corporate coach (as featured in the **Wall Street Journal**, **The Straits Times** 'Mega Coaches feature' and many more).

**Presentation Style:** Interactive, breezy, funny, engaging emotions as well as intellect. Authentic