



Cathy O'Dowd

Himalayan mountaineer Cathy O'Dowd will take you to the highest peaks, sharing with you the vision, the ambition and the strategy needed to tackle the world's biggest challenges. Among her many ascents, Cathy was the first woman in the world to climb Everest from both sides.

KEY TOPICS

- Embracing Innovation
- Managing Uncertainty
- Effective Decision-Making
- Leadership and Goal Achievement
- Motivation / Inspiration
- High-Performing Teams

BIOGRAPHY

Cathy O'Dowd: A High-Stakes Explorer Navigating Innovation and Team Dynamics

[Cathy O'Dowd](#) isn't just a motivational speaker; she's an explorer of both towering peaks and human potential. Best known for her daring Himalayan expeditions, including a trailblazing new route on Nanga Parbat, Cathy embodies the essence of resilience, teamwork, and innovative thinking. While she may not have reached the summit herself, her teammates did, securing the coveted Piolet d'Or and translating their experience into a dynamic, interactive case study on executing groundbreaking goals.

A Master of Team Dynamics in Extreme Environments

Cathy's earlier ventures on Everest provided her with invaluable lessons on how teams operate under the duress of life-or-death situations and unpredictable storms. These revelations have not only shaped her but have also become the cornerstone of her corporate speeches. Her book, "Just For The Love Of It", encapsulates her Everest adventures and the self-discoveries they prompted.

A Storyteller that Engages and Transforms

What sets Cathy apart is her unparalleled storytelling ability. Through expedition case studies and unflinching emotional honesty, she engages audiences with her fluid, passionate speaking style. Cathy doesn't just recount

her experiences; she invites the audience to learn from her successes and mistakes, making her talks remarkably engaging.

Internationally Acclaimed with a Global Impact

With speaking engagements in over 45 countries, Cathy's influence stretches across the globe. Originally from South Africa, she now calls Andorra home and pursues her passion for climbing, canyoning, and kayaking when she's not captivating audiences. Elevate your next event by inviting a speaker who brings the lessons from the world's highest peaks to the corporate stage. [Book](#) Cathy today and empower your audience to tackle challenges with innovative thinking and robust teamwork.

WHAT PEOPLE SAY

"You did a wonderful job, and your inspiration to us was very well received! I was very impressed with the decision making interaction. Your team decision making insights were very helpful combined with the challenge to the group to be bold and do what has never been done before!...The participants really responded to your story."

— Decision Making Officer at Daimler AG

"A huge thank you for injecting some much needed excitement and laughs at ProcureCon Europe. A fantastic presentation that more than fitted what I wanted and the feedback has been very positive."

— Organiser ProcureCon EU

"What we liked was that you linked your personal story to our BearingPoint business and project culture. The audience had the chance to realize that also in our world teaming, making mistakes and diversity is very important."

— Senior Manager, BearingPoint.