



REACHING YOUR EVEREST

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**EVERYONE IS ON THEIR
OWN JOURNEY**



A high-altitude mountain campsite with several tents and prayer flags. The scene is set against a backdrop of snow-capped mountains and a clear sky. The foreground shows a rocky and snowy terrain with several tents, including orange and green ones. A person is visible standing on a rocky outcrop in the middle ground. The overall atmosphere is one of a challenging and beautiful outdoor environment.

GET **OUT** OF YOUR
COMFORT ZONE

LET GO...
... OF WHAT YOU
CAN'T CONTROL





**PUT YOUR
OWN MASK ON
...FIRST**

A high-angle photograph of two mountaineers ascending a steep, snow-covered mountain slope. The climber in the foreground is wearing a blue jacket and blue pants, while the one further up is in an orange jacket and orange pants. They are connected by a rope. The background shows a vast, snow-covered mountain range under a clear blue sky.

SHOW UP

**YOUR TEAM
NEEDS YOU**



**TWO STEPS FORWARD
ONE STEP BACK**



FEAR IS
OK

... AVOIDING RISK **ISN'T**



**DON'T
LET OTHERS**

**GET
IN YOUR
HEAD**





**BREAK DOWN YOUR
UNCONSCIOUS BIAS**

**INSPIRE
OTHERS**



**EVERY. STEP.
COUNTS**



DREAM BIG



 Irish Examiner 

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ACHIEVE

RESULTS



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