



# REACHING YOUR EVEREST

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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 remote environment.

GET **OUT** OF YOUR  
**COMFORT** ZONE



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







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





**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



HOME

SPORT

LOGIN

**Dublin born woman makes history with Everest summit, Cork man just misses out**



**ACHIEVE**

**RESULTS**





**THE**  
**CLIMBING**  
**EXECUTIVE**

Louise McEvoy



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