

MATT WALKER, MA SPEAKER • AUTHOR



Matt offers his unique experiences as an international climbing guide and psychologist to convey a powerful message on navigating challenge and adversity with focus, energy and confidence. He transfers the lessons learned from climbing the world's highest mountains to foster an adventure mindset in your team that seeks challenge, innovation, and excellence. Keynotes and team-based workshops with Matt enable assisting companies wanting to engage leaders in an environment that embraces change for growth and sustainable success in these key areas:

- Leadership
- Navigating Uncertainty
- Innovation
- Peak Performance
- Teamwork/Teambuilding
- Vision/Purpose

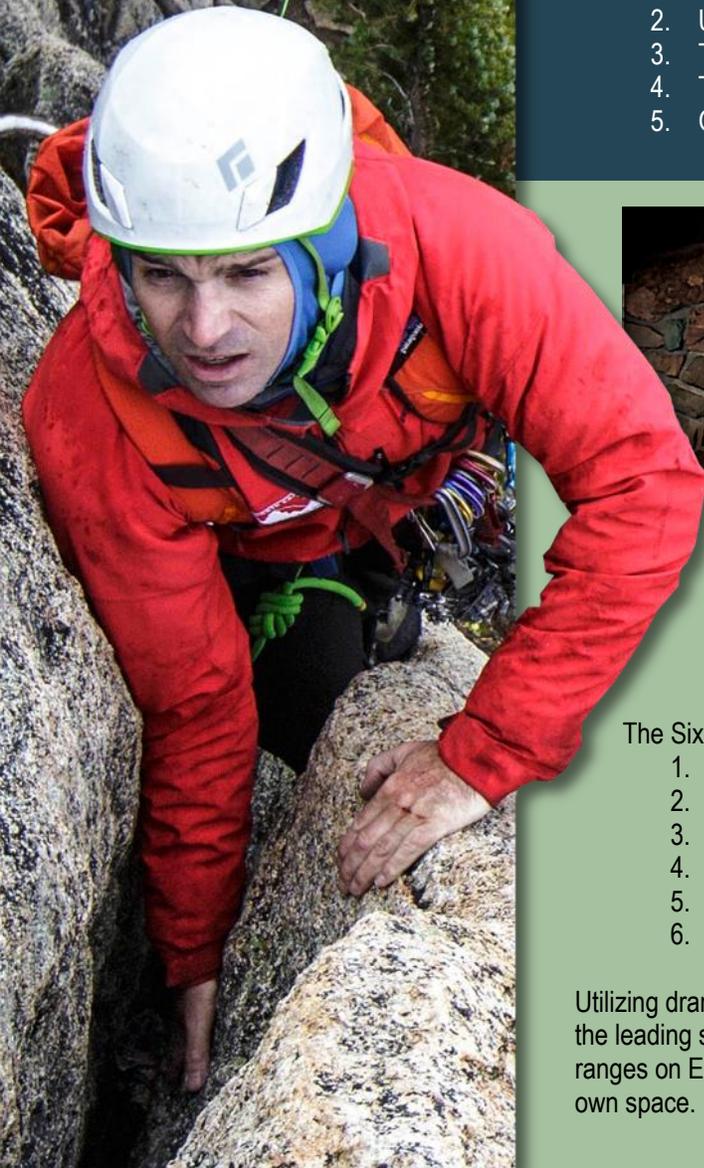
Award winning author, speaker, international mountain climber, and psychologist who inspires excellence and innovation through these powerful presentations...

ADVENTURE IN EVERYTHING: THE FIVE ELEMENTS OF ADVENTURE

Adventure in Everything examines the lessons learned from climbing the highest mountains in the world and applies these lessons to your personal and professional experience. Matt explains with vivid photography and gripping story how the Five Elements of Adventure create an opportunity for full engagement and focus in our endeavors. Matt's style is both humorous and thought provoking and invites introspection and inspiration.

The Five Elements of Adventure:

1. High Endeavor
2. Uncertain Outcome
3. Total Commitment
4. Tolerance for Adversity
5. Great Companionship



LEAD LIKE A MOUNTAIN GUIDE - APPLYING THE LESSONS OF ADVENTURE TO YOUR ORGANIZATION

Business leaders who lead like a guide will provide the kind of leadership that supports the vision of the organization and uplifts the people who work to make that vision a reality.

The Six leadership strengths of mountain guides:

1. Guides demonstrate social intelligence
2. Guides adapt leadership style to match changing conditions
3. Guides empower others to reach for their own summits
4. Guides facilitate the development of trust
5. Guides manage risk in an environment of uncertainty
6. Guides see the big picture

Utilizing dramatic photography and riveting stories from the mountains, Matt directly translates the leading styles and skills from expeditioning in the highest and most remote mountain ranges on Earth to the challenges organizations face to innovate, lead, and pioneer in their own space.

Follow the ADVENTURE

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in /MattWalkerAdventure

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Matt Walker has climbed mountains on every continent, earned a master's degree in applied behavioral science, launched his own adventure company and written a book, *Adventure in Everything* — all before his 40th birthday. But he'll be the first to tell you that what you accomplish isn't nearly as important as how you go about accomplishing it.

What matters, says Walker, is to be mindful and intentional in all your actions, align your values and your actions — from taking your next step on a rock wall to creating excellence in teams and driving innovation in the marketplace.

Matt had an epiphany while climbing by moonlight at 2am at 24,000 feet in the Himalayas: translate the essence of adventure into all aspects of our lives; personal and professional. He returned from this expedition and created the Five Elements of Adventure - the foundation for applying adventure into all areas of our lives and not reserve it for rare occurrences. The result? A guiding principle that supports individuals and organizations to push beyond preconceived notions of what is possible and align their values with concrete action.

Matthew gave an impassioned and perceptive keynote. You could hear a pin drop while he was describing Mt Everest and his transition to applying adventure to our business - perfect! We are bringing him back for more!

M.J., VP, MEDIA, NISSAN

“A great presentation! Matthew connects significant outdoor experience and adventures and transforms them in practical approaches to our personal and profession lives. Whether it was how to better engage or how to drive toward your personal or professional goals, the keynote provided a unique experience. It was inspiring, entertaining, and we came away with practical ways to apply the Five Elements of adventure to our lives.”

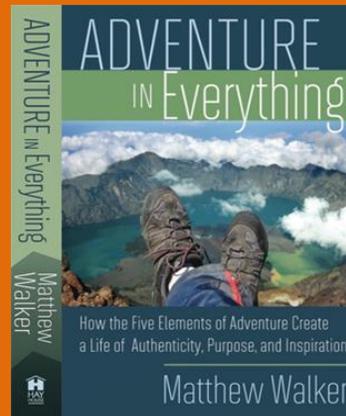
Dave Manchester

SVP Sales, Cycling Sports Group, Cannondale

“Matthew Walker’s presentations and programs have been an asset to our property. His perspective and direct approach offers our guests a unique experience that is simultaneously engaging, challenging, and rewarding.”

Michael Tompkins

President and GM, Miraval Resorts



As well as being a published author Matt is also frequently featured in **Fast Company**, **Psychology Today**, and **USA Today**

BOOK MATT TODAY

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