



## Cathy O'Dowd

The First Woman to Summit Everest from North & South Sides



### CSA CELEBRITY SPEAKERS

Cathy O'Dowd is the first woman in the world to climb Mount Everest, the world's highest mountain, from both its north and south sides. Her first ascent of Everest happened in the midst of the chaotic events that form the basis of the 'true story' behind the 2015 Hollywood movie Everest. Cathy remains a committed adventurer.

#### The first woman to conquer both the north and south sides of Everest

#### In detail

Cathy, who grew up in Johannesburg, South Africa, was completing her Masters degree in Journalism, while working as a university lecturer, when she saw a newspaper advert for a place on the 1st South African Everest Expedition. Six months later she was the first South African to summit Everest and three years later she became the first woman in the world to climb the mountain from both sides. She has one last expedition to Everest to try a new route on the Kangshung face. Most recently Cathy was part of the team that did the first ascent of Nanga Parbat via the Mazeno ridge. Her latest expedition was a ski ascent of Mount Logan, the second highest peak in North America, in spring of 2016. She is also actively involved with charities focused on female empowerment, notably the Rwenzory Women for Health project in Uganda and the Astraia Female Leadership Foundation in Germany.

#### What she offers you

An internationally acclaimed motivational speaker, Cathy shares her insights about individuals and teams under intense stress in the face of overwhelming challenge with her corporate audiences. Her stories touch on themes of importance to anyone trying to run successful projects and get the best out of people. Cathy also helps businesses to tackle an uncertain world by learning to think like an explorer and she utilises the latest technology to gain audience participation in the expedition decision making process.

#### How she presents

Cathy is a passionate speaker, who combines humour and drama, weaving a spell-binding story out of which she subtly draws her metaphors for achievement. Her inspirational presentations entertain and motivate while reinforcing key principles of best business practise.

#### Topics

Reaching New Heights: Teamwork and Leadership from the Slopes of Mount Everest

Think Like An Explorer: Doing What Has Never Been Done Before  
Goal Setting

Motivation and Inspiration

Overcoming Obstacles

Leadership in Uncertainty

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[www.speakers.co.uk](http://www.speakers.co.uk)

### Languages

She presents in English and Spanish.

### Want to know more?

Give us a call or send us an e-mail to find out exactly what she could bring to your event.

### How to book her?

Simply phone or e-mail us.



[watch video](#)

### Publications

**1999**

Just for the Love of it

**1997**

Everest: Free to Decide