

New book,



New lecture

by Rebecca Stephens MBE

‘The Seven Summits of Success’

The Seven Summits are the highest mountains on each of the world’s seven continents – including, of course, Mount Everest – and to climb them takes leadership and teamwork skills that define individuals capable of achieving extraordinary things in their lives.

Rebecca Stephens is the first British woman to have climbed Everest. She is also the first English-speaking woman in the world to have climbed the Seven Summits.

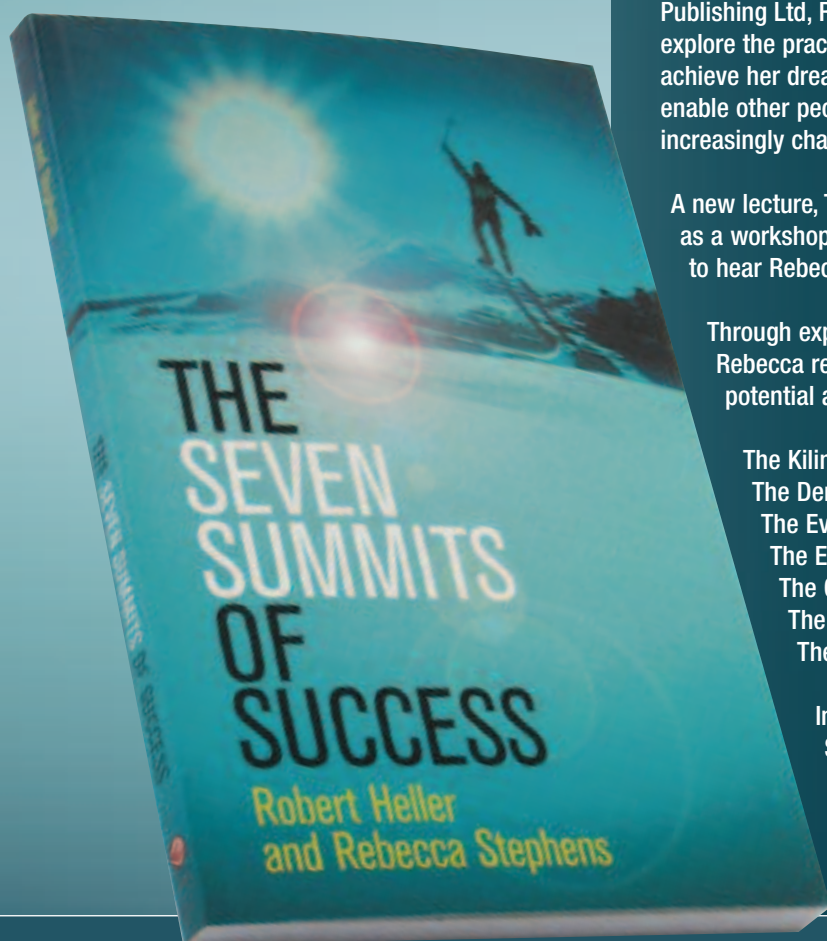
In a new book, *The Seven Summits of Success*, published by Capstone Publishing Ltd, Rebecca teams up with management guru Robert Heller to explore the practical, mental and psychological skills that enabled her to achieve her dream – and, more important, how these same skills can enable other people to succeed in achieving their dreams in the increasingly challenging environment of the workplace.

A new lecture, *The Seven Summits of Success*, presented as a keynote, or as a workshop tailored to your organisation, allows you and your company to hear Rebecca’s inspirational message in person.

Through experiences in wild, at times dangerous environments, Rebecca reveals how individuals and teams can realise their own potential and excel by learning to apply seven ‘summit’ principles:

- The Kilimanjaro principle – The First Step
- The Denali principle – Acquiring the Skills
- The Everest principle - Effective teamwork
- The Elbrus principle - Coaching
- The Carstensz principle – Recruiting the best available talent
- The Aconcagua principle - Positive Thinking
- The Vinson principle – Tenacity to the Last

Insightful, practical and life-affirming, the *Seven Summits of Success* is about harnessing the desire and the courage to pursue your own chosen path - to climb your own Everest. And it is more than mere metaphor. It provides a step-by-step framework for companies and individuals to achieve ultimate success.



▲ *The Seven Summits of Success*, by Rebecca Stephens and Robert Heller, A motivational bible for the business sector.

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Rebecca is the first British woman to have climbed Everest - an achievement recognised around the world. Rebecca then went on to become the first English-speaking woman in the world to climb the Seven Summits, the highest mountain on each of the seven continents.

Her achievements might suggest she has always known exactly what she wanted to do, but this is far from the truth. At school, she followed no particular path. 'I went to university and then into journalism, still not knowing what I wanted to do.'

It wasn't until the age of 27 that she discovered a passion that was to change her life. As a journalist, she accompanied an Anglo-American expedition on Everest's North East Ridge and got bitten by the mountaineering bug. She decided she wanted to climb. Not only that, she wanted to climb the highest mountain in the world. Four years on she fulfilled this ambition and has subsequently continued to break records and barriers. But how did she do it?

'Simple,' she says, with the benefit of hindsight. 'I wanted to climb these mountains more than anything else in the world, and that was half the battle won. A burning desire meant I just pushed that much harder to acquire the requisite skills and make sure it happened.' Rebecca believes that everyone has 'their Everest', something they badly want to do. The secret is to have the self-awareness to listen to your inner voice and follow a path that is true for you.

With a passionate belief that every individual can achieve goals far beyond their wildest dreams, Rebecca lectures to corporate audiences and schools around the world. She also contributes articles to a number of national newspapers and has regularly appeared on television, most notably on Tomorrow's World. She has written a compelling account of her ascent of Everest, 'On Top of the World', and a Dorling Kindersley book on mountains, entitled 'Everest'. Just published is her most recent book, 'The Seven Summits of Success', co-written with management guru Robert Heller. She's also been a judge on the Man Booker award for contemporary literature.

Not surprisingly, Rebecca continues to adventure at every opportunity. She has sailed the Southern Seas to the South Magnetic Pole and Antarctica, competed in an eight-day Eco-Challenge with polar explorers Sir Ranulph Fiennes and Dr Mike Stroud, running, biking and canoeing across the Canadian Rockies. Most recently, she has crossed the island of South Georgia in the footsteps of Sir Ernest Shackleton.

She is a trustee for the Sir Edmund Hillary's Himalayan Trust, a fellow of the Royal Geographical Society, member of the Alpine Club, and has been closely involved with The Duke of Edinburgh's Award Scheme and the Outward Bound Trust.

She lives in London with her partner and young daughter, Anna.



Inspirational Speaker

Rebecca Stephens has a gift for communication and has risen to global prominence as an inspirational keynote speaker and coach on teamwork, leadership skills and performing absolutely to one's best.

The result? Motivation, commitment, dedication and, crucially, improved performance of individuals and working teams.

We all talk the language of the mountains: of reaching for the summit, peak performance and climbing high. But Rebecca doesn't only talk it; she lives it, drawing from her experiences on the loftiest peaks in the world to deliver inspirational talks to corporate audiences on how to achieve absolutely the best performance.

She talks on personal development - defining one's passions and goals, self-belief, growth through management of fear, calculated risk, tenacity and commitment - and crucially for businesses today, the subject of leadership and effective teamwork.

Testimonials

"Really inspirational...you are the 'talk of Coutts', from the Chairman down, and you ensured that our corporate messages came alive on a personal level." *Coutts*

"It's the best course I've ever been on. We learned more in two days than in a week on other courses - brilliant." *Lloyds TSB*

"You received the highest ever marks from the group - 8 x 10 and 2 x 9 = 98%! (And one delegate never gives a 10 on principle!) Congratulations, this is a brilliant and true reflection of your ability to share your extraordinary story in such a business-focused way." *The Academy of Chief Executives*