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The Business Elevation Show with Chris Cooper - Be More. Achieve More Friday at 8 AM Pacific

May 11th 2012: REACHING NEW HEIGHTS - why and how to reach out for new challenges with climber and speaker Cathy O'Dowd

Are you looking to reach new heights of achievement and wondering how to get the best out of yourself and others on your journey? Or perhaps you have already achieved everything you set out to do and are wondering what comes next? Cathy O'Dowd is the first woman ever to climb Mount Everest from both North and South sides and therefore knows more about reaching new heights of achievement than almost any other. With a desire to achieve more she continues to find new ways to challenge herself both physically and mentally, whether planning a new adventure or sharing her fascinating experiences as

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Featured Guest



Cathy O'Dowd

I spoke to my Cathy in Andorra which, if you don't know, is a wonderful little municipality in the Pyrenees. Cathy is the first woman to climb Mount Everest from both sides and is an infatigable adventurer. She has just returned from Pakistan where she took a new route to climb Nanga Parbat, which is the ninth highest peak in the world. The path she took was one of the few challenges remaining in the high Himalayas. She is also a great speaker focusing on team dynamics and leadership as well as stress management, and I can imagine that it is fairly stressful when you are halfway up Mount Everest with a few thousand feet drop below you. Not only would it be stressful but there is likely a g

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