



# LISA THOMPSON

COACH | AUTHOR | SPEAKER



[lisaclimbs](https://www.youtube.com/lisaclimbs)

## Keynote Topics

## Bio

Unsure of herself, Lisa ventured into male-dominated mountaineering. A Rainier summit ignited her hunger for more. Learning and climbing globally followed. Cancer struck in 2015 before her Himalayan journey. Triumph over cancer reshaped her priorities. In 2018, she conquered K2, then all seven summits in 2021.

Lisa fervently empowers women in mountain exploration. Her 2022 all-women's Cholatse summit birthed philanthropic climbs. As Alpine Athletics' founder, she readies mountain athletes physically, mentally, and tactically, using her firsthand mountain wisdom to craft tailored coaching.

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### EMBRACING CHANGE

I've learned that change is an opportunity to learn about myself and others. Through adversity and change, I have discovered strengths you never knew you had and led others to achieve daunting goals.

### OVERCOMING ADVERSITY

Battling cancer while pursuing ambitious goals taught me the power of resilience. Your ability to endure, adapt, and continue striving will inspire others and lead to personal triumph.

### MOTIVATION

When faced with freezing winds or daunting circumstances, motivation might seem elusive. Yet, within each of us lies the power to endure and overcome.

### BUILDING AND WORKING AS A TEAM

My experiences as an executive, climber, and cancer survivor underscore the universal value of collaboration, leadership, and shared commitment.

### RESILIENCE

As I've led teams through dynamic corporate landscapes and to mountain summits, resilience stands as an enduring quality of strong teams.

## Takeaways

### GROWTH

Embrace change as a fundamental aspect of personal growth and fulfillment.

### PURPOSE

Don't wait for a crisis like cancer to prompt profound self-reflection; regularly evaluate your goals, relationships, and passions to ensure you're living a purposeful life.

### STRENGTH IN RESILIENCE

Overcoming adversity will push you beyond perceived limitations.

### TRUST

Believing in the ability to persevere, grow, and achieve greatness, even when circumstances seem insurmountable.

### RESILIENCE IN UNITY

Bonds forged within a dedicated team create a resilient foundation.

### EMBRACE UNCERTAINTY

Cultivating flexibility equips leaders to excel in fast-paced environments.

"Your story of establishing goals, commitment, perseverance, and personal strength was the perfect end to our meetings and I can assure you that conversations of amazement and inspiration continued for a few days within our team."

- Bruce Dickinson, Senior Vice President, Mortgage Lending, First Tech Federal Credit Union