

Testimonials

Name: Rachel Turner
Position: Director – Corporate Learning & Development
Company: Endorphin Training Ltd.
Programme: Mt Blanc, 2005

Why did you do your challenge?

Because at some time I think we all realise that we're not going to be around forever, and if we don't do the things, which we hold as dreams now, then we maybe never will.

Because I wanted to see if I was as strong as I thought I was. I discovered I wasn't. I also discovered that I don't need to be, and that asking for help and sharing how I feel rather than soldiering on alone, is a sign of strength and intelligence rather than weakness.

Because I wanted to learn something new.

Because I wanted to be reminded of how beautifully simple life can be.



What were your objectives?

To fulfil a life long aspiration to climb Mont Blanc, to challenge my perception of myself; to discover more about my strengths and weaknesses, to share an extraordinary learning adventure with others and to feel the exhilaration of being on summit of the highest peak in Europe.

What did you achieve through the process?

In the preparation stages that are the foundation of a **Because It's There** experience the guys took me to the edge of my comfort zone physically, mentally and emotionally.

I learned to face and work through fears I didn't realise I had till I started climbing, and as an after effect have grown confidence through the achievement in ways I never thought possible.

Did your programme have a positive impact on your work?

I use the memory of my mountain climbs a lot to help me keep focus in challenging situations. I remember how I nearly screwed up by looking too far ahead whilst climbing the mountain and becoming dispirited at the distance still to travel. So now I have 'the big picture' which I keep out there but I remember that it was the small, determined steps that got me to the top as did the guys constant encouragement and support.

In March 2006 I was asked by one of my clients to facilitate a 3-day international sales conference for 100 business partners in Berlin. I said yes and then thought help; I haven't done anything this big before. I thought well, it's just another 'mountain moment'; if I can climb Mont Blanc I can do this. So I did it and it was an amazing experience, went extremely well, and I've been asked back to facilitate next year's event!

How has your programme had a lasting impact?

For me the experience is one I will never forget. It changed me inside, made me feel taller somehow, and I know there is more good stuff to come as a result of that. It gave me confidence and self-belief. I go after a work opportunity now with a sense of anything is possible.

Sharing the uncertainty of nature, fear, exhaustion, joy, elation, and success draws you close and builds bridges of understanding, empathy, and respect for others in a way that I hadn't appreciated until now. I now know why organisations use the outdoors environment and mountain climbing in particular, as a vehicle for individuals to learn their own lessons on communication, team working, support, flexibility, self-management, and confidence.