



## Testimonials

**Name:** Stephen Evans  
**Position:** Solicitor  
**Company:** Beachcroft LLP  
**Programme:** Mt Blanc, 2005

### **Why did you do your challenge?**

When I was asked along on the trip, I didn't hesitate to say yes. I wanted something in my life that would balance out the increasingly all consuming engagement I was finding at work, where things had taken a bad turn. It was a new challenge and I wanted to test myself. I thought I would enjoy the whole process and I was really drawn by the physical challenge. I wanted excitement and to learn from experienced climbers.



### **What were your objectives?**

My objective was to get to the summit of Europe's highest mountain and in the process get physically fitter and learn new technical skills. In truth, I was so absorbed at work that I wasn't really sure what I was getting into. I recognised in the b.i.t. proposition that I needed a structuring and supported programme of preparation to help me to make some fundamental changes in the way I approached fitness. I wanted to feel prepared, confident and in control as much as possible

### **What did you achieve through the process?**

Well, we got to the summit on a perfect day, but much more achieved on the journey.

Preparation was the key. During the build up I learned just how important proper preparation is to success and just how much there is involved in getting prepared. This applied to everything, not just physical fitness and equipment but also knowing the route, weather, right food to eat, right clothing system - it all had to come together.

The Wales weekend was invaluable. It brought home my lack of the fitness. From that point, I really shifted my attitude. I joined a gym (where I still go) and undertook an intensive programme that looked not just at my exercise but also eating and sleeping patterns. Over the next five to six weeks it made a real impact.

We learned the importance of pacing oneself and managing our energy effectively, how to take on the enormity of the mountain step by step. Teambuilding and teamwork were essential. Through the process, 4 individuals bonded into one team with a shared goal. This really kicked off on our way up to Wales and the buzz was palpable after that weekend. We learned to climb as a team - to help and support each other through the challenge - to succeed together. It was no coincidence that 4 people of differing abilities all got to the top.

Most of all the process gave me greater confidence in my own abilities and the commitment required in achieving goals. I discovered energy levels I didn't know existed.

### **Did your programme have a positive impact on your work?**

Climbing Mount Blanc was a milestone in my life. It was a great decision. Making a good choice made me feel good about taking control of something for me.

From a work point of view, I joined the programme having already decided to change jobs and move to another sector. Through the preparation programme and then achieving the summit definitely gave me greater energy, motivation and confidence to deal with a difficult problem without being completely consumed. I was able to think more clearly and focus better on



managing my departure from a very difficult work environment. In other words, I was better equipped to deal with high pressure at work.

Doing the training made me better manage my time. I had to fit more into the day and so I planned better. Having the challenge of the mountain in my diary and the programme as part of my weekly schedule undoubtedly helped me through a really difficult transition. It brought a balance back that I was missing. Having sessions at the Westway to get to, or workouts planned, gave me better structure to my days and I came to really look forward to them.

The programme gave me a better perspective on work after spending 10 years with the same firm. I'd already had one unsuccessful interview. I have since had four interviews and received four job offers. I am now with a better firm and have a project lined up next year which will take me to the heart of my new sector.

Moving forward I was more confident with a greater sense of wellbeing. The successful climb undoubtedly started a chain reaction which impacted on work as well. Success was achieved through proper preparation, which was a skill I learned on the mountain

#### **How has your programme had a lasting impact?**

I will never forget the time on Mt Blanc. The excitement and rush of the last hour as we approached the summit was an unforgettable feeling, the sureness of knowing that nothing would stop us from reaching the top. I now have a large framed photo of the summit in my kitchen to remind me of the achievement – it's a feeling I am always able to get back to when I need it.

My self belief remains very strong. I am enthusiastic. I have made some very big decisions, choices and changes. I met Sinead through the experience which is fantastic. So directly flowing from the programme came a new relationship, which in turn has led to a new baby (in Jan), a new house. With the new job as well I have a new life!! I am now more committed in my life generally.

Also I still exercise regularly and this continues to improve my performance and enjoyment of sports, work and life.

