



## Testimonials

**Name:** Simon Harman  
**Position:** Exec. Director, Wedge Alternatives  
**Programme:** Mt Blanc, 2007

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

Climbing Mt Blanc was a way of exploring various issues in my life, one of them being - "Did I want to climb Everest".

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

- 1) Prove I really can "do it" and that the changes I am experiencing spiritually and at every level are real and not imaginary.
- 2) Lose 6 kg and get "very fit" rather than "ok fit"; have a focus and fitness goal.
- 3) Develop basic mountaineering skills, and gain experience, with a view to larger challenges. Also, to ascertain that the bigger challenges are something I really want to undertake, and to find a new and inspiring hobby.
- 4) Have some fun!!!



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

I learnt to break down a big challenge into smaller chunks. On Mt Blanc there was no point asking how long to go. I would get there eventually. Before this experience, I felt that climbing Everest was out of my reach and just a nice idea. I now know that I could climb it, there has been a massive shift in belief. The only thing is I don't know if I am willing to take the risk. One thing the programme did was help me prioritise my life and my family come first.

Through the programme, I was able to express certain beliefs – goals are positive and most people spend their life quite goal-less, always take personal responsibility, know what you want and do something totally out of the box and explore.

### **Did the programme have a lasting impact?**

I definitely felt that I proved something to myself and that it had an impact on my spiritual journey. I also found out that I didn't want to climb Everest.

I didn't lose all the weight that I wanted but I recognise that my dietary habits could have been better.

I was fitter than I've been in ages

I really started to enjoy myself.

Through climbing Mt Blanc, I proved that I can do more than I ever thought, I have removed ceilings that I've had for the last seven years. Definitely mentally and emotionally stronger.

### **How would you rate the programme out of 10?**

8, I always find it difficult giving 9 or 10



**How could you improve on the programme?**

- Perhaps Trainer might have been tougher on my dietary habits
- Question whether Gran Paradiso was the best way to acclimatise
- I wonder whether I might have been better going down at my own rate and not at the guide pace.



**Simon, left, on the summit of Mt Blanc with because it's there guide, Yannick Flugli**