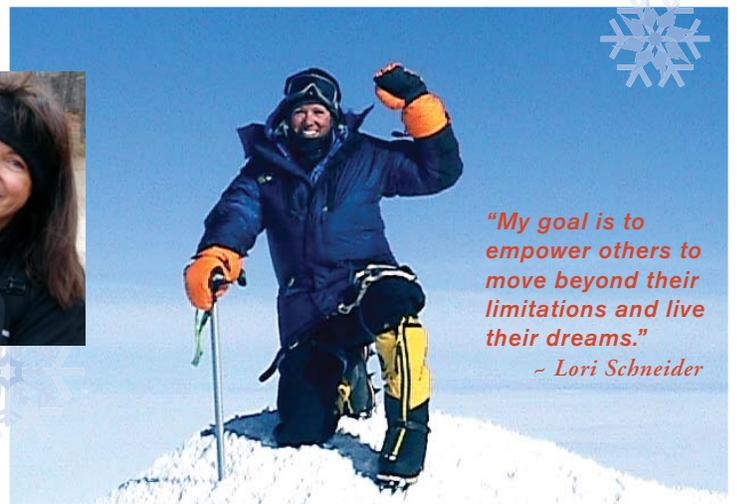


ETA[®]

**Empowerment
Through Adventure**
Climbing Beyond Our Limits

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*"My goal is to
empower others to
move beyond their
limitations and live
their dreams."*

~ Lori Schneider

Climbing Beyond Our Limits - by Lori Schneider

As a speaker, I encourage audiences to believe in themselves and follow their dreams. My presentations include breathtaking images, video from my summit experience on Everest and entertaining stories and journal entries from my mountain climbing expeditions. This is more than an Everest summit adventure, it's about moving beyond a diagnosis of MS (Multiple Sclerosis) and turning adversity into triumph. It's the story of what you can achieve if you believe in yourself.

It is a message of hope and self-empowerment. My presentations inspire all, from corporate and business organizations, college and teen groups, to health, wellness and sports audiences. Speeches can be customized, incorporating themes and key points that relate to your organization's goals. I can also adjust the time length to meet your program format.

Overview

My program, titled Climbing Beyond Our Limits, is a PowerPoint style presentation showing photos from each of the Seven Summit climbs (the highest peaks on each of the world's seven continents), highlighting my 2009 ascent of Mt. Everest. I include actual video from the Everest summit day as well. I weave together two stories, one of climbing the mountains of the world and the other of climbing the mountains and obstacles in your life. I read excerpts from my journal on Everest and give the viewer a glimpse into the life of a mountain climber. If time allows, I often surprise the audience by entering in full gear, clip into a climbing rope and "ascend" to the podium. The presentation is designed to entertain, educate, and inspire viewers of all ages.

Key points

How can a mountain better prepare us for life? At 29,035 feet, there is a lot to learn. The most important lessons are equally as relevant on icy slopes as they are in conquering our everyday work and life challenges.

1. Ordinary people can achieve extraordinary things, if we just set our mind to it. It's all about taking a leap of faith in your life and going for the gusto!
2. Believe in yourself and don't be afraid to take a risk. You don't have to be the strongest, or the smartest, or the best to succeed. You just have to get out there and do it. The success is in the journey.
3. Pack a light life pack. Let go off all the unnecessary things in life that weigh you down. That extra emotional baggage called guilt, regret or worry only serve to make your life pack heavier, making each step more difficult. Dump the "what if's" from your life pack and leave the burden behind.
4. Take your challenges one step at a time. On Everest, we took one step then seven breaths, one step then seven breaths. Break tasks down into smaller steps so you have the strength to make it all the way to the top.
5. Rely on your "life sherpas" to help you along the way. On Everest, we had Sherpas to help lighten our loads. They strapped on our life-giving oxygen, so we could climb safely. They guided our way in the dark, as we inched blindly toward the summit. Rely on the strength of the people in your life who care about you, when your own strength is not enough.
6. Realize that your limitations and barriers are often self-imposed. When you are able to move beyond them, they no longer define who you are.
7. Challenge yourself and climb beyond your limits.



Target Audiences

- Business and Corporate meetings
- Health and Wellness seminars
- Women's organizations and retreats
- Family and Adventure groups
- College & Teen Leadership programs
- Commencement addresses
- Fund-raising events

"It is not the mountain we conquer, but ourselves."

– Sir Edmund Hillary



Testimonials

“From the moment I saw Lori in her “mountain woman gear” until the last note of music played in her presentation, I was riveted. I feel beyond inspired...I feel honored to have shared a moment with this extraordinary woman. There are two kinds of people in this world: heroes and victims...even though she had every right to be a victim, Lori chose to be a hero. She is a champion of the human spirit.”

Hilary Bilbrey, Leadership Trainer, Author *Live Your Brand!*

“Lori spoke at our national conference for women and girls in independent schools and was a hit with young and old. Lori’s personal speaking style and stories combined with breathtaking pictures of one of the biggest mountains in the world gave us all much to think about, mainly identifying the mountains in our own lives and getting excited about training for the climb.”

Carol Hotchkiss Eliot, Assistant Head of School for Student Life
Conserve School, Land O’ Lakes, WI

“You did much more than reach the seven summits. Your story and passion encourages others to reach for the stars. Thanks for sharing it with all of us last night.”

Bob Jauch, Wisconsin State Senator

“Your ability to help the audience visualize your dream of achieving the Seven Summits is both awesome and unbelievable. The way you shared your personal struggle and encouragement through photos and your journal, invited us all into your world for one precious hour. This has been a gift of encouragement beyond my previous experience.”

Sally Bean, Past Governor, Zonta International District 6

“The U.S. National Multiple Sclerosis Society wants to add our voice to that of the MS communities around the world in congratulating Lori Schneider as the first woman with MS to reach the summit of Mount Everest realizing her dream to stand atop the tallest mountains on each of the seven continents. Lori’s story of persistence, dedication and conquest is an inspiration to all who hear her speak. We all face what appear to be insurmountable challenges - but Lori’s remarkable achievements, and her communication of hope and determination even in the face of despair motivated everyone in the room.”

Joyce Nelson, President & CEO National MS Society



"I just wanted to send a personal note to again thank you from the bottom of my heart. Your presentation at SC Johnson this evening was most impressive and truly inspirational. You are a talented speaker and so much more! Thank you for being such a wonderful role model and a truly inspiring woman to thousands of people. I am so honored to have met you today!"

Sheila Semrou, AAHID, ASID, Assoc. AIA
Healthcare Facility and Senior Living Specialist

"Everyone at the event kept coming up to me "blown away" by your talk. It made the POSITIVE connection to MS that many other MS presentations sometimes lack - due to the severe handicapped image projected....yours is more "corporate friendly." Thanks again for a superb job."

Robert A. Buhler, President & CEO
Open Pantry Food Marts of Wisconsin, Inc.

"Motivational speaker Lori Schneider shared her story of determination and triumph with a crowd of business leaders totaling in the hundreds. Business leaders hearing her soft words and triumphant spirit were awed by her courage, and many proclaimed if her words didn't make you want to go out and reach the top, nothing would."

Rock Regional Business Expo

