



Inspirational talks - Cathy O'Dowd

The first woman to climb Everest from both sides

Morgan Sindall invited a number of local sixth form students from Energy Coast UTC, West Lakes Academy, Workington Academy and St Benedict's School to meet the highly acclaimed mountaineer and inspirational speaker, Cathy O'Dowd. The event aimed to support the students in inspiring them to achieve their goals as they embarked on an apprenticeship with Morgan Sindall or in their further educational studies.

Cathy is an internationally recognised motivational speaker and author; she was the first woman to climb Mount Everest, the world's highest mountain, from its north and south sides. Cathy used her personal mountain experiences to deliver useful techniques that transferred well to the business environment and student aspirations about teamwork and team management.

Through her talk Cathy demonstrated that failure can be a good thing by challenging yourself, but accepting that you have reached your personal limitation, then amending your goal in order to achieve the aim of being the 'best you can be'.

"Cathy's talk has inspired me to push on in my future career; with the right support I now believe anything is possible." Lucy, a year 12 student, Energy Coast UTC.

"It was a privilege for our students to benefit from such an experience. Hearing the concept of Cathy's climb was so inspirational." Jonny Sunter, Pastoral Head of Sixth Form, West Lakes Academy.

Enhancing communities

- Inspiring others
- Sharing a positive message that it's never too late to learn new skills
- Demonstrated to students how to set and achieve goals and the importance of skills such as endurance, leadership, tenacity and resilience.