



## GGRIT

GRATITUDE - GROWTH - RESILIENCE - INTEGRITY - TENACITY

**Meghan Buchanan** is an Aerospace Engineer, Adventure Athlete, and Motivational Speaker. She has set her sights on becoming the **1<sup>st</sup> US Woman to complete the Adventurers Grand Slam** (climbing the world's 7 Summits and unsupported expedition to the North and South Poles). Meghan is no stranger to taking on the impossible and defying odds. She has focused her energy to overcome bullying, societal expectations, obstacles, and life-threatening injuries - through her life lessons of **GGRIT**.

Life is one challenge after another. We will fall. We will fail. But, every day, **WE HAVE THE CHOICE** to get back up, be positive, dig in, and GGRIT it out. Always choose to **RISE!**

Meghan faced adversity from an early age, when her family learned she was dyslexic at age 7. She was determined to overcome stereotypes and discrimination, to pursue a career as a female engineer with learning differences. As a young girl, Meghan found release and acceptance in the outdoors, hiking with her father throughout Colorado. She first summited Kilimanjaro with him in 2004. Her passion for the outdoors was nearly taken away in 2011, when, in the back bowls of Vail, Meghan suffered a life-threatening snowboarding accident, severely breaking her femur. Told she was lucky to be alive, and that she'd have a cane the rest of her life, Meghan once again set her intent, and persevered - not only climbing Kilimanjaro for a 2<sup>nd</sup> time, but set a higher goal to take on the remaining Summits.

Meghan summited Kilimanjaro, Aconcagua, Elbrus and Denali, all on her first attempt. Her journey continues this **Fall 2020 with Carstensz Pyramid, Winter 2020 Mt. Vinson summit, and MT. EVEREST Spring 2021**. She is dedicated to becoming the 1st Rocket Scientist to climb the 7 Summits, as well as the 1st US woman to complete the Adventurers' Grand Slam.

Meghan speaks to groups, encouraging others through her personal experiences. Her humor and infectious energy inspire her audiences to apply her GGRIT methodology, to reach their full potential. She will leave you wanting more for yourself, and help you attain the confidence you need to achieve your goals. Follow her journey through the extreme, and share in the deeper discovery of GGRIT.


### How you can help **INSPIRE** others:


- Host a fundraiser/speaking event w/ Meghan
- Corp/Private Sponsorship (info available)
- Tell others/Social media: make this go viral


Contact:

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**GGRIT... IT'S NOT ROCKET SCIENCE!**