



Dr. Jon Kedrowski - Keynote Speaker - Keynote Topics

How to Be "Everest Ready"

When going through adversity, do you or your business wait for things to get better, or do you take control of your situation and set yourself up for success when the situation improves?

Try an "Everest Ready" mindset and you'll learn to see adversity as an opportunity, not a barrier. In this inspirational presentation, keynote speaker Dr. Jon Kedrowski distills his mountain-tested techniques for being creative and staying prepared to pursue BIG goals you have in life and business. He shares practical methods of how to:

- Increase your own and your team's productivity by staying focused on what's in your control.
- Break seemingly insurmountable goals into smaller, SMART goals.
- Look for new opportunities in the face of difficulties.
- Focusing on what you can control and not wasting energy on what you can't.
- Leadership and teamwork.
- Managing risks in high pressure environments to ultimately "Climb Your Everest".

Weathering Storms & Staying Prepared

What does it take to endure the storms in our lives and business environment?

After decades of climbing and skiing off of high peaks around the world, as well being an entrepreneur, keynote speaker Dr. Jon Kedrowski knows what it takes to endure life's storms. In this motivating talk, he shares his stories and insights on how to:

- Adjust your plans, attitudes, and actions.
- Overcome fear.
- Realize that failure is part of success if you stay strong and don't give up
- Thrive despite unexpected setbacks.



Goal Setting: Unlock Your Potential

60-90 Minute Goal Setting Workshop

From Colorado to the Cascade Mountains to Mount Everest, Dr. Jon Kedrowski has explored these high places by simply taking the first step up the hill.

In this 60-90 Minute Interactive Workshop, Dr. Jon Kedrowski will take apart the steps towards setting a big goal and how to go about implementing a plan to achieve those objectives.

We will focus specifically on:

- Start small with SMART Goal Plans
- Adjust your plans and look for new opportunities
- Overcome fear by focusing on what you can control
- Learn to become Everest Ready - as shared in the Keynote Speech
- Have fun and enjoy the journey

Jon's Major Landmark projects (Skiing and Sleeping on the Summits) as well as successfully summiting Mount Everest four Times will be incorporated into this interactive discussion. All participants will leave this workshop with a road map and plan towards making your big goals a reality.

