



DR. JON KEDROWSKI

Motivational Speaker

Author / Ski Mountaineer / Professor
Expert in Geography, Weather, and Climate

Keynote Addresses Focus on Leadership and Risk Management:

Everesting – Breaking Difficult Goals into Small Steps

Climb Your Next Everest – Get to the Top in Life and Business

Weathering Storms and Failure – Thriving Despite Setbacks

WWW.JONKEDROWSKI.COM

Mount Everest Sunrise



© Jon Kedrowski





DR. JON KEDROWSKI

With unparalleled outdoor experiences, a passion for storytelling, and the determination to inspire, Dr. Jon wants to help ignite YOUR ORGANIZATION, YOUR CLIENTS, and YOU!

As a life-long wilderness enthusiast, Dr. Jon is one of the **world's leading** high altitude mountaineer experts. His passion for hiking, climbing, and skiing was instilled in him as he grew up in Vail, Colorado, and continued as he earned a Ph.D. in Environmental Geography in 2010. The following year he was the first to summit and spend the night on the top of all 55 of Colorado's 14,000'+ peaks in only 95 days. Dr. Jon has continually researched these peaks by summiting, studying, and skiing all since achieving his record.

Dr. Jon has studied, survived, and safely guided teams on high altitude peaks around the world, learning valuable lessons and how to elevate his mindset.

These are the lessons he wishes to share with and inspire others through speaking engagements.

By examining some exhilarating mountain climbs that Jon and his teammates endured all over the world, Jon facilitates a **unique, interactive leadership presentation** on:

- **Promoting engaged teamwork and leadership in high pressure environments**
- **Adapting to change through risk management**
- **Reaching your goals with limited resources**
- **Importance of environmental advocacy**
- **How to be comfortable outside your comfort zone**
- **Inspiring all ages to get active in the outdoors!**

Authentic and motivational

"Dr. Jon's authenticity is real, and his message will motivate...he was strong in front of the group, but the real treat was his commitment to some one on one interaction...our people really appreciated that time."

Joe Carlson
Financial Advisor / General Partner, Edward Jones

Speaking and Media Experience

With the experience, knowledge, and the photos to prove it (all in this packet are his own), Dr. Jon is the perfect enthusiastic inspiration that you need for industry summits, motivational keynotes for internal workshops, school assemblies, or even club meetings.

Not only has he been on TV,

Smithsonian "Mountain of Death: Earthquake and Avalanche on Everest" (2015)

[Dateline NBC "Into the Death Zone" \(2012\) – 6 part series](#)

Including appearances on The Discovery Channel and a regular contributor on CBS, ABC, Fox, and CNN



He has been featured on TedXVail 2017

[click here to watch ->](#)



[click link below to watch](#)

Here's Dr. Jon's highlight reel

<https://youtu.be/tGV7WmKITJI>

Loved by dozens of past clients including:

Prosperion Financial Advisors – Denver, CO
MMGY Global - Summit at Vail, CO
Ombud – Scale at Ombud, Denver, CO
Hewlett Packard, CA
Boys and Girls Club of Denver, CO
Raymond James
Silver Oak Cellars, Napa, CA
ACES Vail Symposium, CO
Fort Lewis College

Minnesota Timberwolves / Lynx
Global Travel Association – San Antonio, TX
Recreational Equipment, Inc (REI)
Edward Jones
Charles Schwab
Cherry Creek Insurance Group, CO
Aspen Center for Environmental Studies
Alzheimer's Association of MN
Valparaiso University

And many more!

Keynote 1 - Everesting

ELEVATE YOUR MINDSET AND YOUR LIFE!

Struggling and succeeding on BIG expeditions requires focused goal setting, self-discipline, and commitment. Dr. Jon has reached hundreds of incredible summits, including the highest in the world, and many others throughout the globe.

**Small and big mountains, we've all tried to climb them.
Where do you start?**

In this inspirational keynote, Dr. Jon distills his mountain-tested techniques for reaching the BIG goals you have in life and in business. His adventure stories, vivid photographs, and exhilarating videos bring to life his practical methods for how to:

- Achieve your dreams, no matter how high
- Break seemingly insurmountable goals into small, SMART goals
- Implement successful execution strategies

Through hard-won wisdom, perseverance, and success gained on adventures from Colorado to Alaska, to South America, Pakistan, or Nepal, you'll discover just how you can **elevate your mindset and your life** by reaching your BIG goals. Dr. Jon's next big goal is to climb Mt. Everest without the use of supplemental oxygen in 2020.



Keynote 2

Climb Your Next Everest

GET TO THE TOP IN BUSINESS AND IN LIFE!

On May 26, 2012, Dr. Jon summited Mt. Everest after having to turn around only 800 feet from the summit because of a terrible storm 6 days prior. The storm was the 2nd deadliest in Everest history (at the time), claiming seven lives in one night. In 2015, Jon was once again back in Nepal at the Everest Base Camp when a 7.9 magnitude earthquake struck triggering a deadly avalanche, killing 20 and injuring nearly 10,000 people in Nepal.

Dr. Jon stayed to help with recovery efforts and turned a failure into a success by helping others and embracing a change in plans.

In this keynote, Dr. Jon will take your audience on an entertaining and awe-inspiring journey through the adversity he has faced on Mt. Everest, continually facing failure from outside forces and the qualities we all need to climb the Everest's in our lives.

- Focus on what you can control and avoid wasting energy on what you cannot control
- Leadership and teamwork in stressful situations
- Managing risks in high pressure environments

"In order to be successful in life, you have to accept and embrace being uncomfortable on some level in order to push forward and achieve." – Dr. J

Keynote 3 - Weathering Storms and Facing Failure

Success is Measured by Trying Again When the Storms Clear

In life, business, and mountaineering, there are storms. Mountain storms bring sudden wind, freezing conditions, and white-out blizzards. Life's storms can be struggling with economic issues or facing a personal crisis. After decades of climbing and skiing off of high peaks around the world, as well as running his own business, Dr. Jon knows what it takes to endure life's storms. In this motivational talk, he shares his stories and insights on how to:

- Adjust your plans, attitudes, and actions
- Engage problems with drive, direction, and discipline while managing risk
- Overcome fear and endure stormy times
- Realize that failure is part of the journey to success if you stay strong and don't give up
- Thrive and maintain momentum in spite of unexpected setbacks



Dr. Jon's best-selling book, "Sleeping on the Summits: Colorado Fourteener High Bivys" will be featured in this presentation because during this project he failed over 15 times on various peaks and had to weather storms (including a lightning strike, and a bear attack) along the way but still persevered.



Dr. Jon will include the harrowing story of experiencing the 2015 earthquake and avalanche in Nepal, featured in a Smithsonian Documentary. He was in base camp and not only witnessed the avalanche, but was there helping the injured when 20 people were killed.

Pricing / Scheduling

To inquire about pricing and to schedule Dr. Jon for your next event, please contact his business manager:

Aaron Jenniges 360-601-6270 | jennigesAaronJ@gmail.com

Inspirational, strongly recommended

"Jon was an incredible speaker and brought our group a brand new perspective on what it means to go through challenges and rise above them when it counts! I took a picture with him afterwards and noted that this was the closest I'll ever get to the top of Mount Everest. He was an inspiration and I would strongly recommend him to any organization looking to make an impact on their staff or clients."

C.Noonon

Senior Account Executive, Minnesota Timberwolves / Lynx

About Dr. Jon

EXPERTISE

HIGH ALTITUDE MOUNTAIN GUIDE & ADVENTURER

- **Mt. Everest** (29,028'/8850m): summited in 2012, 2019, 2021; expeditions in 2012, 2015, 2018, 2019, and 2021
- **Aconcagua**, Argentina (22,841'/6969m): summited in 2010, 2014
- **Kilimanjaro**, Tanzania (19,341'/5895m); summited 2014
- **Denali**, Alaska (20,320'/6194m): summited in 2009, 2017, 2018
- **Carstenz Pyramid**, Indonesia (16,024'/4884m): summited in 2016
- **Gasherbrum II**, Pakistan (26,369'/8028m): ski expedition in 2013
- **Manaslu**, Nepal (26,759'/8163m): summited without supplemental oxygen in 2019
- **Colorado's 54 14,000' Peaks:**
 - Ski descents of all the peaks in 2016
 - First person to sleep on the summits of all 58 official 14ers in 2011

And Many More!



PH.D. IN ENVIRONMENTAL GEOGRAPHY, WEATHER, & CLIMATE

- Ph.D., Texas State University – San Marcos in 2010
- Master of Arts, University of South Florida in 2006
- Bachelor of Arts, Valparaiso University in 2002

PUBLICATIONS

- *Sleeping on the Summits: 14er High Bivys* (2012)
 - **Denver Post Best-Seller**
- *Skiing and Sleeping on the Summits: Cascade Volcanoes* (2016)
- *Classic Colorado Ski Descents* (2017)
- Scholarly: "Determining Relative Annual Mountain Climbing Frequency of Colorado's 14,000' Mountains" *Journal of Mountain Research and Development* (2008)
- Scholarly: "Mapping a Section of the Continental Divide Trail (CDT) in Colorado's Southern San Juan Wilderness" *International Journal of Wilderness* (2009)

PHILANTHROPY

- N.O.D. Everest Foundation - 501(c)3
- N.O.D. Basketball Camp Everest Scholarship
- Sherpa Foundation - 501(c)3