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Dom Mullins

Groundbreaking Adventurer, Part of the First All-Black Expedition to Summit Mount Everest, Sociologist

Mastering Your Mindset to Reach Your Summit When Dom Mullins returned home from combat in Iraq, he struggled to make sense of his experiences and how he could adequately reacclimate himself to civilian life. He dedicated his research to studying the ways returning veterans reintegrate into society and became a powerful voice advocating on their behalf. But it wasn't until he went on a hiking excursion that his eyes were opened to the lessons outdoor adventuring teaches on mindset, teamwork, and peak performance and how they can be applied to any undertaking in the workplace and life. He leads audiences on a breathtaking, edge-of-your-seat expedition as he reflects on his adventure with Team Full Circle to become the first all-Black expedition to summit Mount Everest, as well as his journeys to the tops of Denali, Mt. Kilimanjaro, and Mt. Kenya. Each step of the way, he points audiences toward dynamic tactics applied for success in the far reaches of nature's most challenging environments and demonstrates how they can be adapted within their own organizations to spark positive mindset shifts from top to bottom, enhance team dynamics, and set strong foundations for achieving superior results in any field.

Mapping Your Climb to Success Groundbreaking adventurer Dom Mullins is no stranger to overcoming seemingly impossible challenges. A combat veteran, he braved the do-or-die battlefields of Iraq and, upon returning to civilian life, discovered meaning, purpose, and camaraderie in the world of outdoor adventuring. He has taken on some of nature's most formidable challenges head on, including summiting Denali, Mt. Kilimanjaro, and Mt. Kenya — all of which prepared him for his greatest challenge yet: summiting Mt. Everest as part of Team Full Circle, the first all-Black expedition to complete the climb up the world's tallest mountain. In this uplifting talk, Mullins tells the awe-inspiring story of his unconventional path into the world of adventure — beginning with his return home from war and the struggles that followed, all the way to summiting Everest to make history with Team Full Circle. As he takes the audience along for the journey atop the world's highest peaks, he demonstrates the ways in which they can transform their doubts and fears into unending confidence. He instills the belief that any goal can be achieved with dedication, preparation, perseverance, and commitment, and inspires people to set out to achieve the impossible.

The Nature of High-Performance Teams Working together is among one of the few true superpowers humans possess. When adventure, combat veteran, and sociologist Dom Mullins summited Mount Everest to reach the pinnacle of mountaineering, he did so alongside his teammates, without whom, the endeavor would have been twice as challenging, if not impossible. As Mullins shares with audiences, the workplace is not unlike an adventure. It has twists, turns, and obstacles, all of which are much easier to navigate working as part of a team united by shared

objectives. From communication and collaboration to transparency and inclusion, Mullins outlines the principles of effective communication that were critical to Team Full Circle making history by becoming the first all-Black expedition to summit Mount Everest and provides straightforward tactics for organizations to implement these principles within their teams to great and tangible effect. Pulling from his own research and experiences, he shares the sociological reasoning behind what makes these principles so impactful for fostering high-performance teams and gives insight into what successful teamwork looks like, and how we as individuals working in groups can maximize our time and potential together.