

Squash Falconer

First British Woman to Paraglide from the Summit of Mont Blanc, Multi-Record-Breaking Adventurer

Mindset & High Performance: Reaching New Heights Under Pressure Squash shares her journey from humble beginnings to achieving extraordinary feats, like summiting Everest and becoming the first British woman to paraglide from the summit of Mont Blanc. With captivating stories of overcoming physical and mental challenges, she demonstrates how cultivating a resilient, high-performance mindset is critical for excelling under pressure. Audiences leave inspired with strategies to adopt a growth-oriented mindset and achieve results in any environment.

Team: Summit Together Squash delves into the essentials of teamwork, drawing from her experiences in high-stakes, team-dependent situations from the mountains. This talk demonstrates the importance of trust, communication, and mutual support in achieving goals, whether on an expedition or in the workplace. Squash guides audiences on building cohesion and nurturing the connections within their teams to unlock a collective strength.

Overcoming Adversity, Resilience and Change: Thriving Amidst Change Squash invites audiences into world of extreme adventure, where resilience and adaptability are tested at every turn. With gripping accounts of tackling unknown challenges and bouncing back from setbacks, she provides actionable insights on embracing change with courage and using adversity as a powerful growth catalyst. Audiences gain practical tools for navigating their own challenges with grace and resilience