

Cathy O'Dowd Sample Introduction

We are delighted to have with us today a woman who has conquered one of life's ultimate challenges, not once, but twice.

Cathy O'Dowd tackled the slopes of the world's highest mountain four times, and reached its summit twice, becoming the first woman in the world to climb Mount Everest from both sides.

A mountain where every step has to be taken alone, but where nevertheless your life rests in the hands of your team-mates, is a striking example of the power of personal motivation combined with the strength of teamwork.

Today Cathy will be sharing with us some of the lessons learnt while tackling one of the world's ultimate obstacles.

Please help me welcome ... Cathy O'Dowd!