

# Julie Lewis

## Mountain Climber



## Arctic Explorer



## Inspirational Speaker



# About

# Julie Lewis

## Nurturing 21st Century Leadership in Nature

Julie Lewis is a Mountain climber, 4 times arctic explorer, inspirational speaker, confidence coach, workshop leader, author and “Power of Three” facilitator who focuses on integrating personal, professional and spiritual growth.

A British BSc Sports Science graduate and NLP Master and Coach Julie combines her deep knowledge of the body and mind with the four seasons of nature to develop a unique product offering through Mountain High.

For the last 28 years she has successfully worked with women, entrepreneurs, companies and international organizations across diverse industry lines by utilizing Mountain High’s unique “*Power of Three*” approach.

Companies don’t succeed, people do. Julie motivates people to achieve more together and believes in building a diverse yet unified mindset knowing that teamwork is the difference that makes a difference.

A frequent radio and television guest Julie was nominated for the Emirates Woman of The year Award in 2005 and the International Women’s Business Group Achievement Award in 2010.

Julie has numerous articles published and is currently authoring a series of books.

Julie is available for keynotes, half and full day workshops, retreats, as an expedition leader and for individual coaching.

Julie has led, trained and managed multi-national teams of women on global expeditions and climbs to Africa, Nepal, Morocco, Jordan, Lebanon, India, Malaysia, South America, Tibet, South Africa & The Arctic. On a personal level she has climbed several mountains around the globe reaching a personal best of 7000m on Cho Oyu in Tibet with her husband Calin in 2010

Julie is powerful and authentic presenter who shares personal stories and insights to impact audiences of all sizes and can tailor make content to suit your specific needs.



# Keynotes & Workshops

*Working with you, your team, and your organization to maximize your natural potential.*

- The Power of Three
- Reaching New Heights
- Finding Your True North
- Unstoppable Confidence
- Creating a compelling Future
- Spiritual Intelligence
- Walking in Balance
- Nurturing Leadership in Nature

## Program Fees & investment

Keynote: From USD 900

Workshops: From USD 3000

## Customized Programs include

- Half Day Workshops
- Full Day Workshops
- Retreats – 24 hr / 48 hr / 3-7 days
- Global Expeditions “ Leading in, out, up, and beyond”
- Intuitive follow on Coaching



# Partial Client List

## Associations

American Women's Association  
International Business Women's Group  
South African Business Group  
British Business Group  
Australian Business Group  
American Business Council  
American Chamber of Commerce  
Hong Kong International Coaching Community  
Women In Charge  
Corona Society  
International Women's Group  
Dubai Women's Circle  
Women of Influence  
Women In Business  
Women Lawyers Committee  
Women's International Network  
Women's Initiative Network  
International Ladies Club of Macau

## Corporate

3M  
Canon  
Dubai Duty Free  
Land Rover  
AXA  
KLM  
HSBC  
BNY Mellon

## Educational

Various International Schools / Colleges of Technology  
Zayed University



# Keynote & Workshop Overview

## Power of Three

A Mountain High Philosophy based on three core concepts which, when integrated into everyday life bring about balance, clarity, productivity creativity and vitality. A proven stress release formula to beat the 21<sup>st</sup> Century challenges in work and life

- Free Your Mind
- Energize Your Body
- Nurture Your Spirit of Adventure

## Reaching New Heights

Are you stuck in a valley, at base camp, on a plateau, looking for a new route, almost at the summit, at the summit or beyond? Using the mountain as a metaphor this session will:

- Identify where you are on your personal & professional mountains and how to reach the summit and beyond.
- Introduce you to simple yet effective NLP tools and techniques to fast forward your journey
- Empower and inspire you to take confident action towards your personal and professional summits.

## Finding Your True North

Each one of us has something unique to share with the world. Natural talents that make you, your team, your organization, the community, the World a better place to be. Discover and align yourself with your TRUE NORTH and be true to your internal compass. This session will:

- Identify your top core values and why they are your life's driving force
- Align your values with your life and work
- Discover your true passion and purpose



## Keynote & Workshop Overview Cont'd

### Unstoppable Confidence

*"You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You must do the thing which you think you cannot do."*

Eleanor Roosevelt.

No matter how much or how little confidence you have you can always have more! We can nurture and develop our confidence at any age so whether you are 18 or 80 you can learn, grow and help yourself to achieve your true potential. During this session Julie will share techniques, tips and scientifically proven exercises to empower you to be your best confident self.

- The Four Pillars of Confidence
- The Language of Confidence
- Developing bullet proof beliefs
- Confidence in the workplace
- Dealing confidently with setbacks
- Creating a confident future
- **This workshop can be tailored to cover your specific needs/ areas you, your team wish to focus on.**

### Creating a Compelling Future

Vision boards, be they personal, professional or organizational, offer a powerful tool to activate the universal law of attraction. A vision board is a simple representation of the things we wish to be, do or have in our life. By selecting pictures, words, symbols and quotes that charge your emotions with passion and energy you will begin to manifest those things into your life. Vision boards programme the reticular activating system (RAS) of the brain to tune into external stimuli that assist us in moving closer towards our intentions. This is an interactive, fun, creative session with amazing outcomes!

- The concept of Vision boards
- Creating your personal/ professional/ company vision boards
- Activating the law of attraction
- NLP Visualization technique



## Keynote & workshop overview cont'd

### Spiritual Intelligence

Many people confuse being spiritual with being religious, however they are very different things. Self-actualization is the ultimate state of achievement described by American psychologist *Abraham Maslow* in what he described as his *Hierarchy of Needs*. All human beings, regardless of where they are from go through seven ascending stages of survival. It is only when these are all met that people reach their ultimate stage of human development, *self-actualization*. Maslow defined *self-actualization*, as a spiritual state in which the individual poured out *creativity, was playful, joyful, tolerant, with a sense of mission to help other to achieve this state of wisdom and bliss*. Maslow was describing what we now call *SPIRITUAL INTELLIGENCE*. If you, your team, organization is looking for a way of life that FEEDS, rather than DEPLETES spirit then this session is for you:

- Compassion – understanding yourself & others
- Charity & gratitude
- The Power of Laughter
- The Power of Play
- The Power of Ritual

### Walking in Balance

Stress, absenteeism and under-performance have a massive impact on the organization. More often than not the issues are a result of conflicting demands on our time. Walking in Balance is an important element for engaging your workforce and retaining talent. Invest in your team and watch productivity and performance reach new heights.

- The Business case for work life balance and how it can impact the organizations performance.
- What stress does to an individual and how this impacts the organization
- Discussion of what “Walking in Balance” is and it’s importance in productivity and performance.
- Taking stock of your current Health & well being
- Personal Motivators – how they affect performance and relationships



## Keynote & workshop overview cont'd

### Nurturing Leadership in Nature

*“Continuity gives us roots; change gives us branches letting us stretch, grow and reach new Heights”*

*Pauline Kezer*

If you were to talk to the top leadership “ Guru’s “ you would learn that here is no “one size fits all “ curriculum for leadership. In fact the paths to leadership are as varied as the people on them. Nature has provided us with four seasons and processes that nurture the spirit of personal leadership. These four processes, like the planetary seasons they represent are dynamic, challenging and up lifting. They all provide a sense of balance on the leadership journey :

- Autumn – Centering : A time of solitude to quiet the mind, lower the ego walls and tune into the voice of the higher self.
- Winter – Emptying : Clearing the mind by releasing old thoughts, perceptions, attitudes & stressful toxins that obstruct one’s attention.
- Spring – Grounding : Cultivating one’s power of intuition, imagination & intellect
- Summer – Connecting : Sharing the insights, creative expressions & compassion gained in the grounding process to enrich lives

*“The human expedition begins right here, I look forward to being your guide on the path “*

*Julie Lewis*



## Testimonials

“Julie is pure inspiration, she is extremely positive, passionate and fun loving about everything she does. I was fortunate to go on one of Julies adventure trips where I not only had a lot of fun whilst raising awareness about diabetes but learnt a lot about myself.”

**Sue Firmager, HSBC**

“I've known Julie, seen her in action many times and worked with her over a number of years and cannot recommend enough her ventures and work for their high impact, high energy and highly rewarding results.”

**Adrian Hayes (Adventurer, Speaker, Corporate Coach)**

“Julie is inspiring, always helping you to challenge yourself, to make the most of what life has to offer. Speak to Julie and challenge yourself!!”

**Catherine James ( Zayed University, leadership programme )**

“I can highly recommend Julie from Mountain High. Jules is absolutely amazing! She's upbeat, "walks the talk" and organizes fabulous trips around the world for women seeking adventure! Jules does a lot of charity work and is extremely committed to what she does. She's an inspiration to any woman and I highly recommend her to anyone!”

**Alison Price , "Women in Charge" Hong Kong**

“Julie is extremely creative, and that combined with massive energy and enthusiasm, a really positive outlook on life and strong drive is a great combination. She organizes and runs inspirational global expeditions and challenges, personal development workshops and retreats, and she is absolutely one of life's wonderful 'positive viruses'!”

**Tricia Evans , Business Coach & Writer**

“Julie Lewis is one of the most inspirational women I have met. She is vibrant, honest and dynamic. Her positive outlook on life is infectious and this quality is clearly defined in Mountain High adventures. The arctic expedition was the most amazing trip of my life. It was a turning point for me and where I am now headed. The memories of experiencing an arctic glacier in real life still move me to this day. Totally exquisite and amazing”

**Angela Enbon , UAE**



“ Thanks for a great morning- you're a natural at speaking and have some good experiences and knowledge to inspire. The seminar put a lot of things in perspective for me and it was great to meet so many other pro-active women “

**Susan Cronin, Director, Aldar Properties**

“Just wanted to say a big thank you again for a fabulous time in Cyprus! It was great to catch up with you and be part of another great Mountain High adventure. The trip was a perfect balance of action and relaxation. The variety and level really worked for me. I think a really important part of the trip's success was your dedication to making it happen. Right from the start – getting people together in advance and giving your time for people to practice the skills beforehand and then being totally available and supportive on the trip. You really put so a LOT of “you” into the trip and made sure that everyone of us had a fantastic week”

**Sally Douglas , Regional Trainer , British Council**

My 4 –days Koh Samui retreat with Julie was a great little get-away with the additional big benefit of learning for life. I took away many interesting and valuable inspirations, which I will now, incorporate into my daily routines to create a more content, energetic and adventurous future for myself .

**Renate Tiejten , Chairwoman , Women in Business, Guangzhou**

“ Thank you for today, you are a breath of fresh air, a true inspiration. Looking forward to your next seminar “

**Women Lawyers Committee , Hong Kong**

“Thanks Julie – what a brilliant start to our school year. Your energy, enthusiasm and sound suggestions linked perfectly with our focus on personal and professional growth. Our staff is still buzzing and talk often about how valuable their time with you was. Thanks for helping us to reach new heights.”

**Anna Shere, Vice Principal , DB International School, Hong Kong**

CONTACT Julie to book a keynote or workshop NOW

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