



## Another year of adventure awaits you!

In this ezine I share insightful lessons from my climbing trips to build your strength and resilience for the adventures in your life. Whether you're striving toward a big business venture or a challenging personal goal - Let the adventure begin!

*Jim Davidson*



Jim Davidson ice climbing at 11,000 feet in Rocky Mountain National Park, Colorado

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## THE LOOK OF RESILIENCE

**Dateline: Mexico, 6:15 AM, November 22, 2007**

I could finally see my climbing partners. All night long they had just appeared as headlamps floating behind me on the path I picked through the boulder field. When they trudged past me in the gully at 16,200 feet, I heard their crampon-covered boots crunching the crusty snow, but still I couldn't see their faces. Now, as the first sunbeams lit up the glacier, I saw their expressions.



photo by Jim Davidson

Some faces showed slack-jawed signs of exhaustion from five hours of carrying full packs uphill. Other faces were huge smiles, surrounded by hoods and helmets. Although their expressions reflected varying degrees of discomfort, their eyes all told the same story -

## RESILIENCE

I had seen that steely-eyed look on other expeditions, and it was a great sign. The burning determination in their eyes meant all my teammates still had plenty of drive. To any leader, on the mountain or off, this is excellent news as it confirms the team is resilient.

Resilience is the ability and willingness to accept difficulty, adapt, and then overcome. Tough conditions, physical discomfort, or nagging uncertainty might bother a resilient team but their commitment and desire let them see past these temporary inconveniences. Their eyes remain fixed further uphill toward success.

To help your hard-working colleagues during difficult times, here are some tips for building their resilience:

1. Remind them of tough challenges they have overcome before. Success leads to more success.
2. Ensure them that while current conditions may seem harsh, the situation will inevitably ease up later. They need to persevere until better conditions return.
3. List the pertinent skills and abilities you see in them.
4. Explain how those skills and abilities are the ones needed to succeed with the challenge.

All these techniques encourage your teammates and bolster their spirits. These methods work for building people's strength and resilience in the work place, in the home, or in the mountains. By the way, they'll also work on you too, so remember to use these resilience-building techniques on yourself when uncertainty creeps in.

## THE SUMMIT



photo by Jim Davidson

With the atmosphere at 18,000 feet half as at sea level, it took five more hours of rapid panting and slow climbing to make the top. All nine of us reached Pico de Orizaba (18,504 feet) - the third highest peak in North America.

When you're tired and conditions are tough, staying positive is not always easy. But by staying resilient, you can

outlast the temporary difficulties and reach your goal. And that makes it all worth it!

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## ADVENTURE TRAINING TIP

### Winter Dehydration

Winter sports are fun, but can be tough on your body. With hot summer weather but a distant dream, people sometimes miss the sneaky hazard of winter dehydration.

Dehydration can be significant and sneaky in the winter because:

1. Rapid breathing and dry winter air combine to subtly increase the amount of water lost through respiration.
2. People may think, "Oh, it's cold so I will not sweat much." This is an error - you will sweat heavily if you wear too many clothes while exercising.
3. Multiple layers of clothes may absorb sweat, making it harder to detect.

So, remember to peel off some clothing layers as your body warms to the exercise. Sweat is the enemy. And drink plenty of water and/or electrolyte replacement drinks before, during and after exercise (more on this in a future issue). Enjoy your winter adventures!

*Jim Davidson*

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## MAKE YOUR EVENT COMPELLING AND MEMORABLE

If you would like to learn more team development techniques, or hear additional inspirational lessons from the expedition that Jim recently co-led to the Mexican volcanoes, please contact 970-224-4608, or [jim@speakingofadventure.com](mailto:jim@speakingofadventure.com)

To learn more about Jim's presentations on overcoming adversity, successful teamwork and resilient leadership, please go to <http://www.speakingofadventure.com/>

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