

# ALISON YOUNG • BLISSFUL HIKER

*inspiring you to hike your own hike*

Alison Young uses imagery and metaphor from spectacular hikes around the world to help you find your personal and most successful path in life's journey.



## reinvention • resilience • empowerment

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Alison Young struck a wonderful balance of allowing us to participate and experience her presentation and presenting us with concrete ideas, theories, and strategies to apply. Her activities were well chosen and tightly knit with her content in tangible ways. Alison, thank you for your enthusiasm, vulnerability, and expertise!

—Jay Zarr | President, Association Of Experiential Learning



### Quit with Grit:

Intentionally Letting Go as a Key to Success

So many of us know the "secret to success" mantra – quitters don't win and winners don't quit – but sometimes, quitting is exactly the right course of action

In fact, quit and grit are two sides of the same coin. Developing the skills to know when to say "no" can open us up to better opportunities to explore more, do more, and find the right things worth sticking to.



As a long-distance backpacker, Alison Young shares her adventure experiences oftentimes in life-threatening situations, where understanding the biases and blocks to quitting helped her find more success and deeper gratification on and off the trail.

#### Educational outcomes:

- Identify 5 biases that block intentional quitting.
- Explore the mindset of setting flexible goals to manage uncertain outcomes.
- Discover how getting to 'no' faster is a powerful skill.

#### Ideal for:

- Leaders who want to develop teams that are more resilient.
- Teams developing discernment skills and flexible goals.
- Organizations wanting to maximize teams achievement.

### DETAILS

#### ENGAGEMENT

Depending on the program selected, the following may be included in your partnership with Alison:

- Video: A custom, pre-event welcome video explaining the program to help participants get engaged and excited.
- Workbook and Templates: A customized workbook so participants can replicate what they learned anytime they need it.
- Online Q&A session: opportunity for participants to continue exploring creativity and innovation, ask new questions, and further discuss application in their work.
- Team Coaching: guidance to help teams be more creative when working on new projects, new products, or with clients.
- Leadership Coaching: innovation coaching for leaders.

#### CONTACT ALISON

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### Stepping into Power:

Using Uncertainty to Energize Reinvention

#### Transitions are hard.

While they offer equal parts anticipation and opportunity, getting centered can often prove elusive.

After a debilitating condition destroyed her music career, Alison Young sold her beloved flute and set out on a journey to walk the length of New Zealand. Her goal was not only to finish the trail, but to access joy and discover how to step into the rest of her life.



A master storyteller and inspirational voice, Alison helps you build your skills in accepting and even embracing change and uncertainty as a part of a joyful life.

#### Educational outcomes:

- Understand how the dark, difficult moments can be tools for empowerment.
- Explore 3 ways risk-taking builds resilience.
- Shift the thinking surrounding regrets to motivate change.

#### Ideal for:

- Leaders at the crossroads in their careers needing motivation to change.
- Teams undergoing restructuring and changes in mission.
- Organizations ready to pivot the potentials of their teams.

#### ABOUT ALISON YOUNG

With over 12,000 miles logged as a backpacker on six continents and a background as a world class professional musician and nationally syndicated radio host, Alison Young offers a unique perspective with engaging programs that connect us with the natural world and ultimately help us grapple with life's challenges.



Alison Young is an expert at reinvention as well as tapping into creativity for success.

She brings together her myriad experiences, breathtaking imagery, found sound and poetic, metaphor-rich language to challenge, inspire and guide individuals, businesses and teams to find their personal path to excel and succeed in their chosen endeavors.



[blissfulhiker.com](http://blissfulhiker.com)

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On the familiar ‘would you recommend’ scale (0-10), Alison Young rates a 10.

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“Engaging, great analogies and stories. Very relatable, emotional, educational and easy to listen to and learn from!”

“I loved the different examples that were relatable to different people in the audience. Alison Young’s casual appearance allowed you to imagine her hiking and also made her presentation feel approachable and personal.”

“Thought provoking and Inspiring!”

“Alison Young was the best speaker in my WBB time! Very relevant for business and life. Absolutely fabulous!”

**Women's Business Bridge | Stillwater, Minnesota Chamber Of Commerce**

“Alison has a wonderful gift of being able to talk about classic music in a way that invites everyone inside to be part of the grand journey of discovering this life affirming art form. Her warm and welcoming voice, her uncommon ability to teach without the slightest hint of lecturing, all convey to her audience that this music is for them and that they too will be delighted and enriched. To listen to Alison talk about music is to embark on a journey with a trusted and pleasing friend.”

**Jon Limbacher | President, Saint Paul Chamber Orchestra**



“Alison Young’s delivery is clear, and she has an inviting warmth in her voice that makes you stop what you’re doing and focus on what she’s saying. Alison’s many years experience as radio host show through in her professionalism and connection to listeners.”

**Barry Kempton | Director, Schubert Club**

“The entire conversation was great — and that is what it was! I didn’t feel like Alison was talking at anyone, but was open and conversational. I loved the connections and personal experiences she was able to share to reinforce her topic of quitting. Her talk was valuable and I think more folks need to hear it!”

**Rebecca Maguire | Education Coordinator, Association Of Outdoor Recreation And Education**

“My wife and I have seen several programs by hikers and considered At the Speed of Andante to be not only the best, but in a class by itself in terms of its intellectual as well as aesthetic quality...it is a nostalgic reminder that in the past nature played a more important role in shaping people's feelings and values than it does today.”

**William Wooley | Author And Ripon College Professor Emeritus Of History**

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Such a new concept for us to explore! Make us really think about quitting gracefully!

Thank You!

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