

JO GAMBI



British Climber Guinness World Record Holder

British adventurer Jo Gambi entered the Guinness World Records for the fastest female ascent of the Seven Summits. She is the second British woman ever to climb Everest's North Ridge.

In 2005 Jo and her husband Rob became the first couple to climb the 'Seven Summits' in record time and ski to the North and South Poles. Jo is the first woman to achieve this. Remarkably they achieved these records not only while Rob was in remission from his second bout of cancer, but also despite facing death along the way, while stranded high in the Himalayas.

Jo's book, 'Holding On – a story of love and survival' was published in the UK and as a talented photographer, she also captured images from some of the most remote and wild places around the globe. As well as contributing to the prestigious Nikon Owner Magazine, she is currently working on a second, photographic book.

Jo gained a first class honours degree in 'Business Management and Clothing', after which she was accepted on the acclaimed graduate management programme at Marks and Spencer. This led to a career as a Product Technologist in the men's and women's wear buying teams. Jo then decided to pursue a career in a more caring capacity and gained a second degree in Physiotherapy. She worked at University College London Hospitals (UCLH), one of the country's leading NHS trusts, as well as working privately for the London Welsh Rugby Club and teaching Clinical Pilates.

Jo is now an accomplished speaker much in demand. She tells her and Rob's extraordinary story with great passion– the highs and lows of their epic journeys in the Arctic and on the highest peaks in the world, and the personal challenges they faced and overcame along the way.

The photos accompanying Jo's talks are spectacular and the content is both moving and at times very funny, including vivid descriptions of some of the basic practicalities of life at sub-zero temperatures. Jo shows us the power of determination and discipline within the world of the outdoors and relates her experiences to the skills required to operate at the top of your game and achieve your dreams.

Grit, determination, humour and luck in the face of adversity are all absolutely key to success.

Topics (Selection):

- Motivation
- Teamwork
- Goal-Setting