



Cathy O'Dowd

Cathy has been a professional speaker for over 20 years and has presented her message to companies in 45 countries on six continents.

She is a Fellow of the Professional Speaking Association of UK/Ireland, who have given her their highest award, the Professional Speaking Award of Excellence.

Cathy's most challenging Himalayan epic was as part of a team attempting a new route on an 8000 metre peak. Although Cathy herself did not reach the summit, two of her teammates did, doing the first ascent of Nanga Parbat via the Mazeno ridge, and winning the prestigious Piolet d'Or for their achievement. She has turned this experience into a fascinating interactive case-study of successful project execution of truly innovative goals.

Cathy is actively involved with charities focused on female empowerment, notably the Rwenzori Women for Health project in Uganda, and the Voice of Women Foundation in Germany. She is also a jury member for the European Adventurer of the Year award. She lives in Andorra, in the Pyrenees mountains, from where she pursues her speaking career, and explores the mountains of Europe. In her free time she does technical rock-climbing, ski-mountaineering and canyoning.

Both Cathy's 2020 expeditions were cancelled, due to Covid-19 travel restrictions.

In 2021, she has tentative plans for a kayak circumnavigation of Menorca in June and a kayak expedition to Greenland in August. In the meantime she is enjoying local adventures in the Pyrenees. A winter of ski touring, alpinism and ice climbing is now giving way to a summer of rock climbing and canyoning!