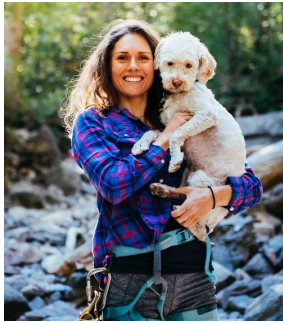




Speaker Bios and Workshop Descriptions



BLAKE CASON (Workshop Leader and Yoga Instructor)

Blake is a Healthy Habit and Lifestyle Coach and a smile-out-loud kind of woman. After traveling the world in her 20's, she's back on the road full-time in her little RV, The Armadillo. Her favorite thing? Listening to people talk about what they love. Her second favorite thing? Morning snuggle-meditations with her pup, Barley.

The Anatomy of Habit

What's the deal with those patterns and habits in your life? Especially the ones you *know* aren't working for you. Why are they so... sticky and difficult to stop? While habits can seem like a strange mystery of compulsion, they can be rearranged! Learn how to strengthen positive habits, realign those that aren't serving you, and create willpower and discipline in your life.

Routines and Self-Care for After-5 Energy

Call it whatever you'd like: energy, vitality, sparkle; it is *our most valuable resource*. It allows us to show up, explore, and live our lives. Learn how to create more of that zest and conserve what you have. Get after your passions and purpose with the power of routines and self-care. We will explore the components of self-care routines that meet your focus, rejuvenation, and motivation needs.

Applied Mindfulness

Ever wanted to try meditating, but didn't know where to start? Or perhaps found yourself sitting down, ready to meditate, and just felt *too* antsy? Applied mindfulness helps you harness the meditative mindset while still moving through your daily life. Let's become mindful in action! We'll have a bit of discussion, but mostly come together to move and play.



SANNI MCCANDLESS (Workshop Leader)

Sanni McCandless is a **life and transition coach** for outdoor-focused individuals who want to create more tailored, intentional lifestyles. Through her coaching, she helps people overcome the doubts and concerns that constantly get in the way of living fearlessly and feeling fulfilled. Her clients achieve lifelong goals and find agency in their own lives by learning to communicate more honestly and putting an end to fear-based decision making. When she's not living on the road, Sanni resides in Las Vegas, Nevada where she's psyched on year round rock climbing and endless desert views.

Exploring Values & Purpose

At the heart of all well-made, intentional decisions are the things that make you, you: your values. In this workshop we will identify your top 5 values and redefine them in your own words. Once you've got a clear picture of what they look like, we'll explore how aligned you currently feel with your values and what you can do to start prioritizing them even more. We'll close with an exploration of purpose and self-identification.

"We have only one, precious life" - Mantra Creation Class!

What are the thoughts that you live by? Sometimes our mantras inspire us, but oftentimes the thoughts we repeat in our head aren't helping us. In this workshop we will systematically work through any



mantras we no longer need and create new ones in their place. Be prepared for a creative arts & crafts component - we'll end the session with time to create mantra card decks for you to take home.

Outwild Community 30 Day Challenge

As you all know, Outwild HQ is a big fan of the 30 day challenge! Why is that again? So often, creating change in life isn't about dramatic upheaval, it's about our habits and daily life. What did we prioritize before bedtime? Did we create space for ourselves during the day? How much exercise did we get? 30 days challenges create a manageable timeframe for incorporating new habits into our lives. They are also easy to track and fun to share with friends and family! Join us to create a post-Outwild 30 day challenge.



JEREMY JENSEN (Workshop Leader and Speaker)

Jeremy Jensen is an entrepreneur, speaker, and mountain athlete. He is the creator of the Adventurepreneur Playbook Podcast, where he shares the stories of entrepreneurs, professional athletes, and outside the box thinkers who have built their passion for adventure into successful startups and lifestyles. He is also the founder of Revive, a startup that redefines the way we work by designing remote co-working experiences for those looking to trade-in their 9-5's for a more fulfilling lifestyle. Jeremy's main priorities are building meaningful relationships, experiencing new things, and looking for that next adrenaline rush.

Designing a Career You Love

Four out of every five people in the United States dislike or hate their jobs. That's messed up! Are you one of those people? It can be hard to know how to fix this, or where to even start, but this workshop is here to help. We'll utilize the design thinking approach to help you identify potential next career steps. Our conversation will start with a reflection on what you really want and end with tips and tricks to make it happen. Let's shape a career that captivates you!

Jeremy Jensen, Emily Ackner, and Justin Roth Talk Outdoor Careers (plus Q&A!)

What is it like to run your own business, host a podcast, or work for a leading outdoor brand like Patagonia? How do you set yourself on a career path based on love of the outdoors? What challenges arise from turning passion into career? These are just a few of the questions we'll address in this outdoor career panel. Come ready with questions and discussion topics!



NINA WILLIAMS (Workshop Leader)

Nina Williams is a professional climber best known for her bouldering and highball ascents around the world. She also works as a mindset coach for young adults, helping to overcome fear through intentional change and goal-setting. When she's not climbing, coaching, or studying, Nina enjoys a good cup of coffee and hanging out with her pet hedgehog @frankievonquillsbury.

Identifying, Pursuing, and Achieving Your Outdoor Dreams

What is a dream? A far away, vague, unattainable idea? A goal that you've been meaning to start next year, every year? What if you could start that dream tomorrow? In this workshop, we will cover a step-by-step process that utilizes simplicity and consistency so that you may integrate your outdoor dreams into daily life, until they become reality.



Becoming the Leader of Your Own Life

“Going through the motions” is an understandable way of dealing with pressure and stress. You do what others expect of you, and move on. But what if the momentum of your life isn't taking you where you want to go? What if it's time to break the cycle and try something new? Join Nina Williams in an exploratory workshop that questions the mental boundaries of potential. Prepare to step outside your comfort zone and get a glimpse of life on your own terms.



BRODY LEVEN (Workshop Leader and Speaker)

Brody Leven is a professional adventure skier who ironically prefers climbing up mountains to skiing down them. He travels the world on a shoestring, returning with elevated stories of his year-round mountain adventures to inspire others to tackle difficult challenges. Brody's activism focuses on environmental stewardship, public lands advocacy, and avalanche education rooted in his first-hand experiences from Uganda to Kazakhstan, Jan Mayen to Patagonia.



GABRIELLE SANTA-DONATO (Workshop Leader and Speaker)

What do you want to be when you grow up? We might get older, but this question certainly doesn't. And that's just the type of question that Gabrielle Santa-Donato inspects in her many applications of design thinking at Stanford's Life Design Lab. As the Life Design Studio Lead, Gabrielle is leading the movement to bring life design courses to universities across the world. Her goal? To help people discover their unique learning potential. In her spare time, Gabrielle likes trying new physical endeavors like competitive frisbee, triathlons, and hip hop dance.

Authoring Your North Stars: A life design walking workshop

Before a designer thinks up crazy ideas or runs experiments, they have to define a point of view to design from that is informed by empathy for self and others. The same goes for designing your life. Join Gabrielle Santa-Donato from Stanford's Life Design Lab for a walking workshop where you'll begin to define your own points of view for work and life. In this session, we'll assess our balance between work, love, play and health, begin to author our own life manifestos, and check for coherence in who we are, what we do, and what we believe. Please come with a notebook, pen, water bottle, and hiking shoes!



MARIJKE MCCANDLESS (Workshop Leader)

Marijke McCandless is a former harried VP of corporate communications for a high technology company, now an award-winning and internationally published writer, rock-climber, and awareness practitioner of twenty-five years dedicated to inquiring into the nature of reality, saying YES! to life, casting writing spells, and generally living life imperfectly but with great delight. She works part-time as a program manager, loves cooking and writing, leads writing, meditation, and enlivenment workshops and spends 3 to 4 weeks each year on silent retreat.



Awakening the Senses: A writing and mindfulness workshop

Bring a sense of play to this workshop! We will partake in a series of exercises blindfolded that are designed to awaken our senses one at a time. Without the benefit of sight, we have an opportunity to be even more mindful and to pay close attention to what else we notice before our labeling mind kicks in. We will practice writing what we smell, hear, feel, and taste and to notice what memories are stimulated—all from a place of heightened awareness and focus.



ELIZA EARLE (Workshop Leader and Event Photographer)

Eliza Earle is an adventure sports photographer and filmmaker born and raised in New England who now spends most of her time roaming solo around the western United States and abroad. With a strong background in painting and performance art, she first started shooting video and stills in her early twenties as an artistic outlet during her outdoor pursuits in climbing. Since then, Eliza has gone from producing and filming award winning climbing documentaries with some of the industry's top production companies to creating her own images as a full time freelance photographer. In between assignments and production work, Eliza enjoys climbing, running, and [taking photos for her daily blog](#).

Outdoor Photography with Eliza Earle

Do you enjoy documenting your outdoor adventures but feel like your shots are continually falling short of that extra “wow” factor? Are you interested in learning more about the outdoor photography industry? In this workshop, we’ll discuss the importance of light and composition as well as provide guidance for anyone looking to take their photography to the next level. Afterwards, we’ll set off to create our own photographs on the beach (or somewhere else close by depending on group preference). All levels of experience welcome. Please bring your camera of choice (even if it’s just an iPhone!)



MARCI ROSALES (Workshop Leader and Speaker)

Maricela Rosales is changing the narrative of outdoor recreation, ambassadorship, and environmental conservation through her work for Latino Outdoors. By connecting organizations with underserved communities, her goal is to expand accessibility to different types of outdoor recreation. “I want to connect families, youth, and individuals to green and open places so that they can be users of these spaces and become those that protect it.”

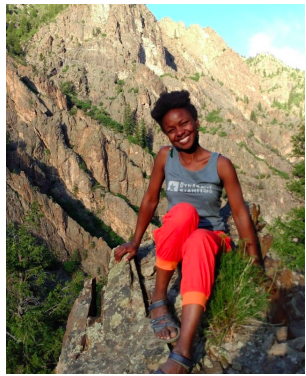
How to be a better Outdoor Advocate

As we all know, trying to make a difference in the world can feel like an overwhelming task. However, there *are* ways for your voice to be heard and to make a difference in protecting our outdoor spaces. This workshop will explore how you can become an impactful outdoor advocate, even when life gets busy and you’re limited on time and resources.



ALEX HONNOLD (Speaker)

Alex Honnold is a professional adventure rock climber whose audacious free solo ascents of America's biggest cliffs have made him one of the most recognized and followed climbers in the world. A gifted and hard-working athlete, Alex "no big deal" Honnold is known as much for his humble, self-effacing attitude as he is for the dizzyingly tall cliffs he has climbed without a rope to protect him if he falls. He is the founder of the Honnold Foundation, an environmental nonprofit, and currently the subject of the National Geographic documentary feature, FREE SOLO



SASHA MCGHEE (Speaker)

Sasha is an activist, IT Professional, partner, and kitty mom. She is a leader with Brown Girls Climb, a national organization that aims to promote and increase visibility of diversity in climbing. She also volunteers on the Board of Directors for Second Chance Center, a Colorado Based non-profit that is working to reduce recidivism rates and break the cycle of multi-generational incarceration. Sasha grew up in South Georgia and moved to Denver in 2014 where she developed her roots as an organizer. She spends much of her free time creating fun, supportive climbing spaces for her communities and challenging problematic assumptions about people of color in outdoor spaces.



EMILY ACKNER (Panelist & Movement Instructor)

Emily is based in the UK and works as a community manager for The North Face in London. She is also a fitness coach [coach fitness](#) and natural movement and love a good adventure! She is always looking at new ways to inspire her community and expand her circle of influence. She is a level 3 personal trainer in Hackney, London and recognizes the benefits of a strong body through consistent strength and conditioning training. Emily is also a former BASI-qualified snowboard coach, ultra marathon runner and adventure-seeker.



JULIA HANLON (Yoga Instructor)

Julia Hanlon, is a yoga teacher, runner, storyteller, and student of life. Julia is passionate about asking questions that explore the mind, body, and spirit connection. The quest for these answers has led Julia to the practices of yoga and running. Julia began practicing yoga at the age of 16, eventually becoming a 500 hour RYT teacher during her sophomore year at Bates college. She is passionate about making the transformative practice of yoga accessible for everybody, and as a college freshman, founded the Bates Yoga Kula, an organization that hosts free yoga classes for students, faculty, and staff. Julia is involved in the running community as both an avid runner and coach. Through yoga and running, Julia has found deep joy, personal growth, and amazing communities.



JUSTIN ROTH (Panelist)

Justin Roth has worked in the outdoor industry for more than 20 years. His career has ranged from teaching belay lessons at climbing gyms to editing Climbing Magazine to managing communications for Petzl. Today he lives in Ventura, California, where he works as the Global Marketing Manager for Patagonia's Climbing and Trail Running categories. He divides his time between the office and his wonderful family, spending the remainder on the rock or the trail.