

Becoming a Giant

The value of setting big, scary goals and embracing uncertainty



Presented by
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OPTIMIZE

Virtual Wellness Fair

Building Mental Resilience

n. the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands.

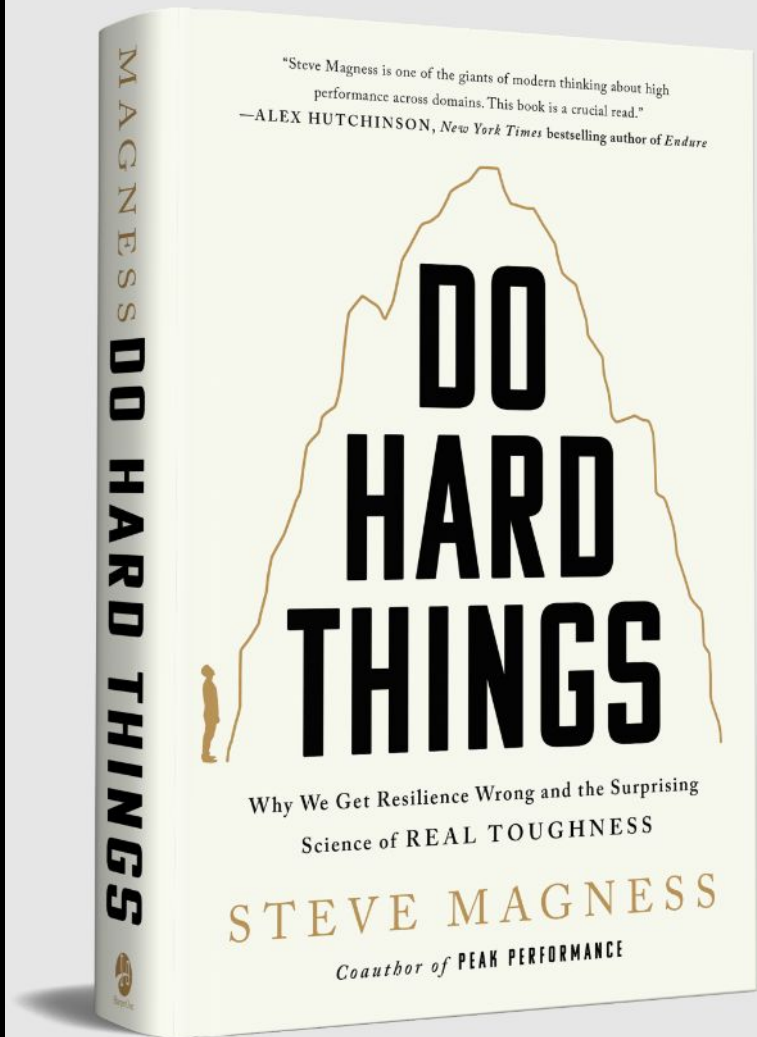
A number of factors contribute to how well people adapt to adversities, predominant among them:

- (a) the ways in which individuals view and engage with the world,
- (b) the availability and quality of social resources, and
- (c) specific coping strategies.

~ APA Dictionary of Psychology

4 Pillars

1. Learn to accept and embrace reality
2. Respond to challenges
3. Rise above discomfort
4. Harness the power of gratitude



Big Hairy Audacious Goals (BHAGs)

- Resilience is a muscle.
Flex it and it will grow.
- “A colossal and transformative objective that influences every part of an organization/
individual”



TOR330

TOR DES GÉANTS®



Chamonix-Mont-Blanc

Praz-de-Fort Liddes

Zermatt

Saui-Cervinia

Alagna Valsesia

Boce



Courmayeur

Etroubles

Valpelline

Roisan

Aosta

Quart

Saint-Vincent

Aymavilles



San Paolo Cervo

Sagliano Micca

Andorno Micca

Biella

Mongrando

GRAN PARADISO
NATIONAL
PARK

Porto Saint-Martin

Tignes

Ivrea

The Race

- 330km+ (345km)
- 24000m+ (27 000m)
- 1200 participants
- 150 hour time limit
- 6 “Life Bases”, many refugios



The Journey

- 12 years of dreaming
- 12 weeks focused training
 - 2x 1 wk training camps
 - Peak week 200km, 10000m vert
- Support from family, friends and work
- Solo travel
 - 3 planes and 2 buses
 - 1 friend in Milan (Davide)
 - 1 friend to help halfway through event (Colin)



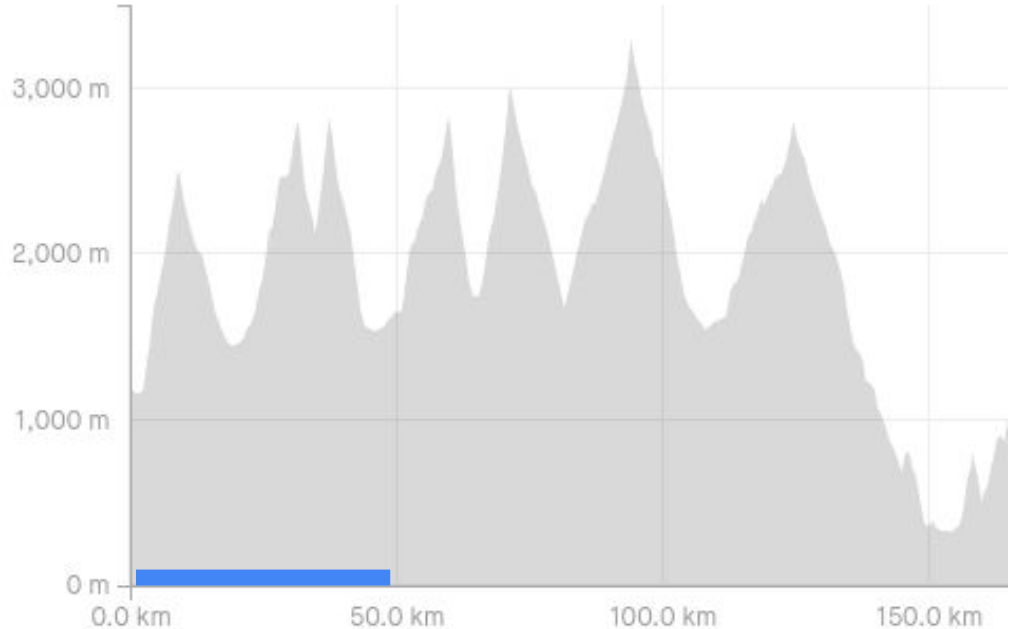


Start to Valgrisenche

- 48.6km
- 4339m
- 10hrs

- Challenges:
 - Heavy rain
 - Mud
 - Congested Trails

- Pillar:
 - Accept and embrace reality





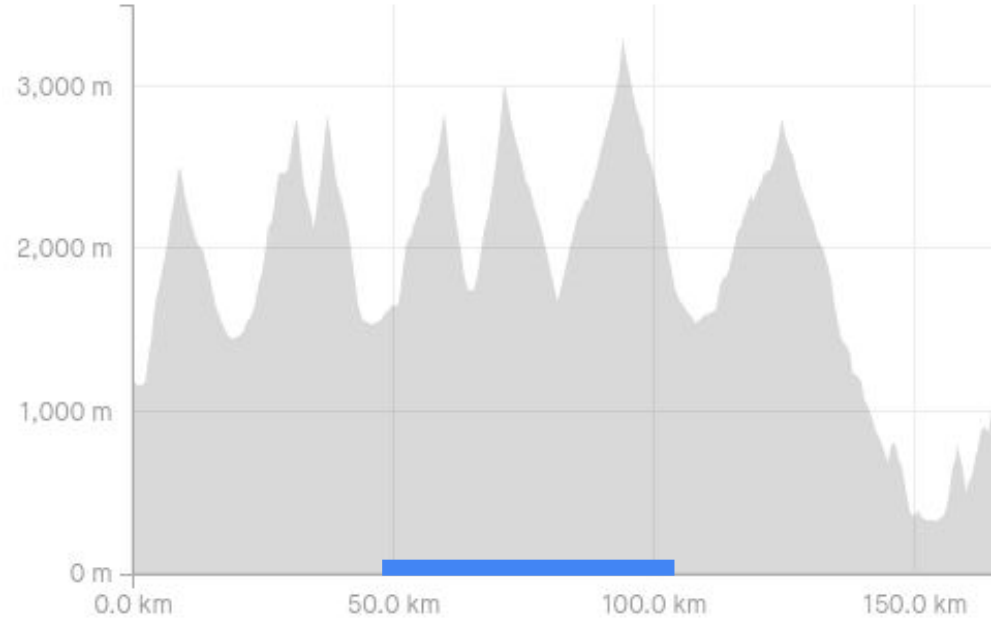


Valgrisenche to Cologne

- 104km (55.4km),
- 9282m (4943m)
- 28hrs (18hrs)

- Challenges:
 - Nausea
 - Sleep Deprivation
 - Sore Feet

- Pillars:
 - Rise above discomfort
 - Respond to challenges





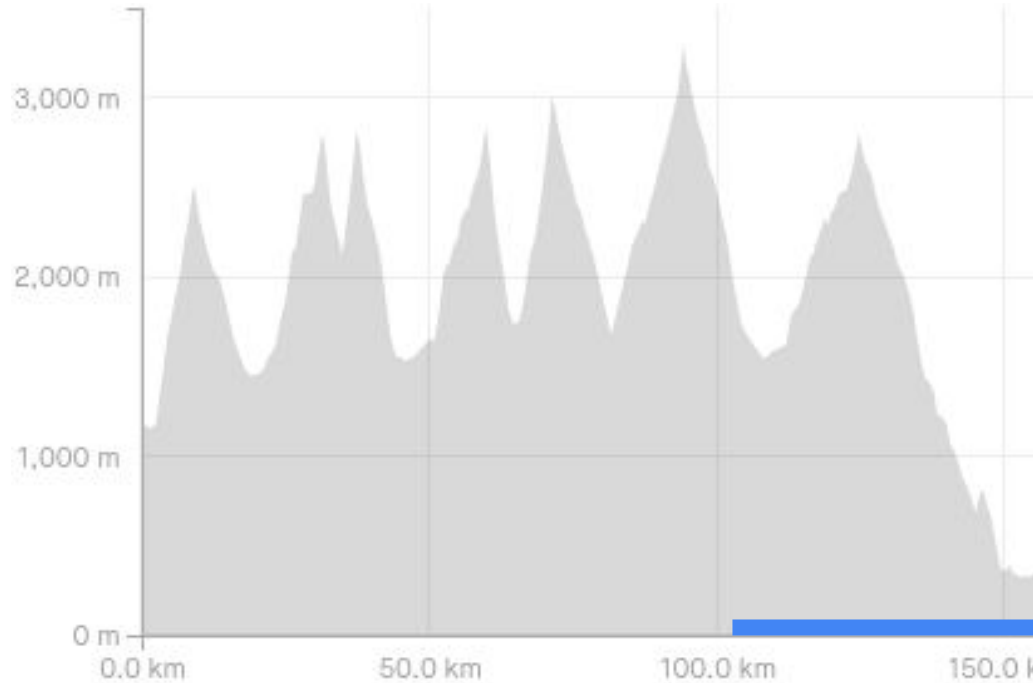


Cogne to Donnas

- 150km (46km)
- 12050m (2768m)
- 41hrs (13hrs)

- Challenges:
 - Nausea
 - Sleep management
 - Rocks/stonework

- Pillars:
 - Accept and embrace reality
 - Harness the power of gratitude



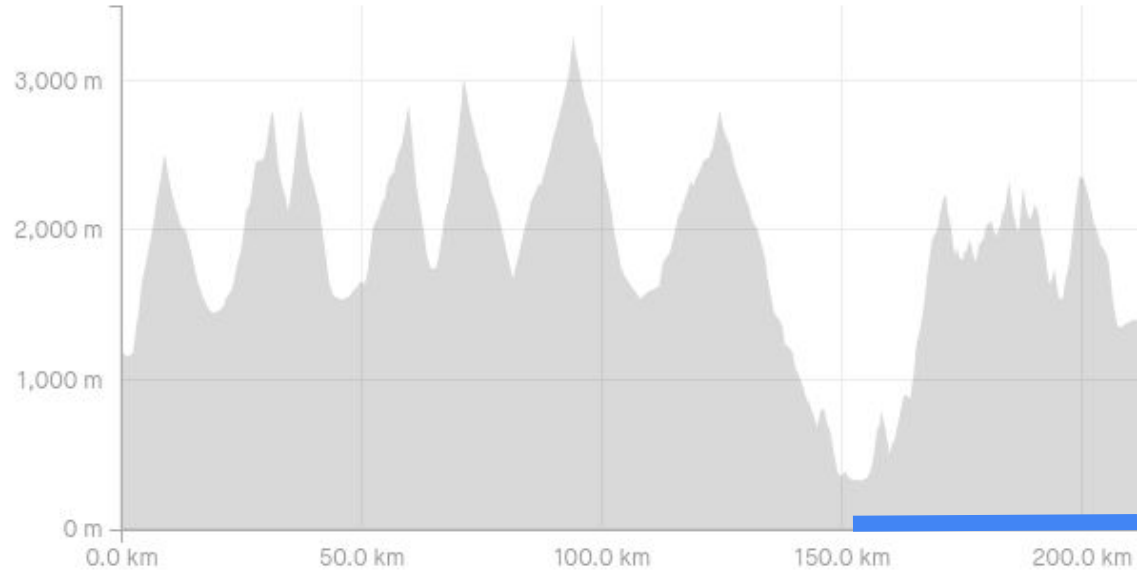


Donnas to Gressoney

- 204km (54km)
- 17983m (5933m)
- 64hrs (23hrs)

- Challenges:
 - Sleep management
 - Cough
 - Dead Legs

- Pillars:
 - Respond to challenges
 - Harness the power of gratitude









Gressoney to Valtourneche

- 238km (34km)
- 21,077m (3114m)
- 78hrs (12hrs)

- Challenges:
 - Sleep deprivation
 - Cough

- Pillars:
 - Respond to challenges
 - Accept and embrace reality
 - Social support









Valtourneche to Ollomont

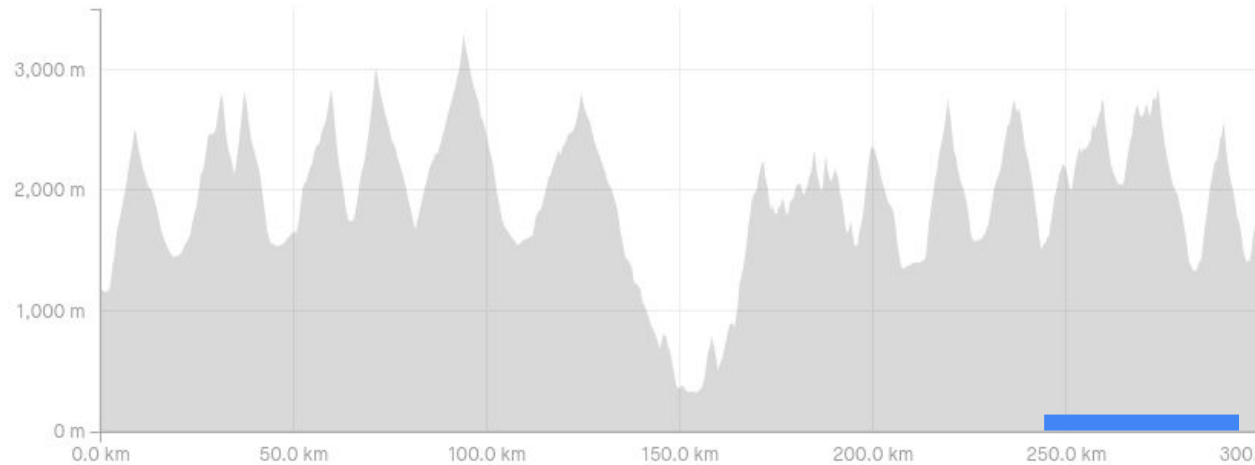
- 286km (48km)
- 25,702m (4625m)
- 101hrs (17hrs)

- **Challenges:**

- Headlamp failure
- Cough

- **Pillars:**

- Respond to challenges
- Accept and embrace reality
- Social support
- Gratitude
- Rise above discomfort







Ollomont to Finish

- 336km (50km)
- 29,608m (3906m)
- 121hrs (14hrs)

- Challenges:
 - Cough/lost voice
 - Cold/ice



- Pillars:
 - Respond to challenges
 - Accept and embrace reality
 - Social support
 - Gratitude
 - Rise above discomfort





The Aftermath

- Sleep
- Medicine
- Food
- Touristing





Call to Action

Give yourself an opportunity to practice **mental resilience** by setting a **Big Hairy Audacious Goal!**

Questions or comments?

Email: jford@livunltd.com

BHAG ACTION PLAN

Passion ~ Talent ~ Drive

GOAL	START DATE:	DUE DATE:
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Name your goal (what is it you want to do?)

Why is this important to you?

CHECK INS:

DESCRIBE THE PROCESS.
DOES THIS EXCITE YOU?

OBSTACLES

SUPPORT (PILLARS)

