



# JESSE DUFTON

## CLIMBING BLIND



**Jesse Dufton**

### Topics

#### Resilience - The Crux of Crisis

Jesse’s keynote sets out his universally applicable mental framework, honed through his climbing, as a tool to build and fortify resilience. He is an exemplar of the criticality of agency, illustrated by his choice to continue to lead in his climbing, a powerful subversion of typical disability narratives, he turns a story of reliance into one of purpose, leadership and self-determination. The keynote equips delegates with a set of practical tools and guides them along the path to foster and nourish their own and their organisation’s resilience by reclaiming agency.

#### Audience Takeaways:

- Learn how resilience is built with a roadmap to enhance their own
- Understand the empowering nature of active decision making
- From seeing weaknesses in themselves and others to focusing on strengths and how best these can be applied

#### Change - Navigating Change When the Path Vanishes

Our world is in constant flux. Jesse’s keynote shows attendees that navigating change isn’t about having a perfect vision of the future. Instead, its key to have the tools to adapt to, and thrive in, the ever-changing environment, whether that is a corporate or a personal context.

Jesse sets out the crucial nature of teamwork and communication as well as practical steps to build these and ensure they function optimally in the most trying of contexts. The keynote is a masterclass on how to build and apply these tools to ensure success in a volatile and unpredictable world.

#### Audience Takeaways:

- Learn to stop fearing change and embrace the opportunities that change presents
- Understand how to pivot from what has been lost to the new strengths gained through struggle
- Understand the reciprocal relationship between change, trust and interdependency

**“His talk was captivating and inspirational. We received lots of enthusiastic praise from our members for booking Jesse.”**

U.S. Steel

**“Our audience was captivated by his amazing story, I could not recommend him enough.”**

British Telecoms

**“Jesse was a joy to work with and delivered an emotional, enlightening and focused keynote speech which challenged our people in the way that they lead.”**

Ministry of Justice



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#### Adversity - Facing down the Fade

Jesse’s keynote looks past the typical “inspiration” tropes to offer a tactical, high-performance framework for how to remain effective and thrive in the most challenging, high-stakes circumstances imaginable. He provides the audience actionable and widely applicable techniques that allow him to remain cool-headed and objective focused as well as how to accurately assess and effectively manage risk in some of the world’s most hostile environments and harrowing situations.

#### Audience Takeaways:

- From being daunted by challenge and labelling it as “impossible” to having a clear framework to approach the task and achieve the objective
- Understand the importance of prior experience in personalised pressure responses
- Learn to calibrate for emotion to remain objective

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#### Adventure - The Unseen Horizon

Adventure is often defined by what we see – the vast landscapes, the towering peaks, the distant horizons. But clearly, there is so much more. In this keynote, Jesse eloquently expands on this limited view, from the importance of preparation and accurate risk assessment and mitigation to the chance to grow, build confidence and develop deep interpersonal relationships. The ability to learn from adventure recasts our approach in all contexts. Jesse relates synergies in the mindset required for success in remote and extreme situations to those attitudes that support achievement in any context.

#### Audience Takeaways:

- Embrace the Unknown: How to cultivate excitement rather than anxiety when stepping into situations where the outcome is not guaranteed.
- Calculated Risk-Taking: Learning the vital difference between dangerous recklessness and the calculated risks necessary for true exploration.