



COMMON GROUND

KEY TAKEAWAYS DOCUMENT



Common Ground Webinar Series

Theme: Life skills/Professional development

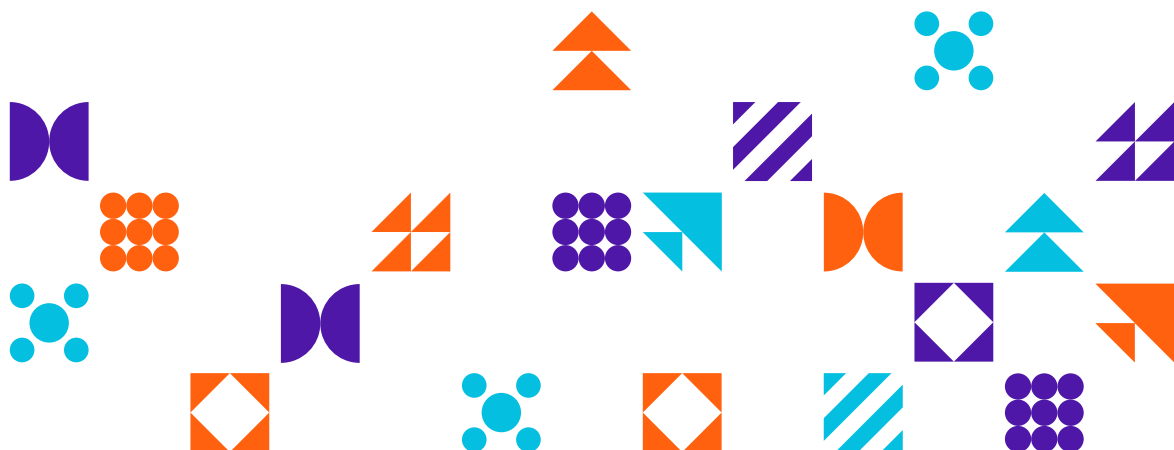
SEASON 1 | EPISODE 12

FEATURED SPEAKER



Anja Blacha

Vice President -Youth,
Project Management Institute
and record holding mountaineer



Session: How to Realize Big Goals in the Outdoors



Anja Blacha, vice president - youth at PMI, is a mountaineer and explorer. She is the first German woman to climb K2, the world's second-highest mountain. In 2020, she set the record for completing the longest solo and unsupported polar expedition by any woman. Ms. Blacha is also the youngest German to have climbed all the seven summits in the world. She has over a decade of professional experience in the telecom industry.

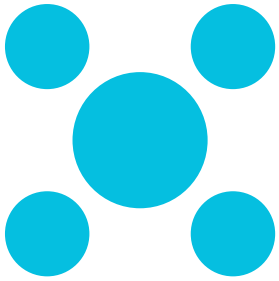
Summary

Undertaking a mountaineering expedition is no different from embarking on a project. It involves goal setting, planning, preparation, and risk management. Anja Blacha walked professionals through her inspiring journey of pursuing her passion for climbing mountains. She recounted how people told her that she did not look like she had the physical capacity to scale mountains. However, she turned her weakness, which is her small physical stature, into her superpower by focussing on the food she eats and the gears she carries on an expedition.

She attributed curiosity as the main fuel behind her mountaineering dreams. Being curious about new knowledge and experiences can also help to forge success in one's professional life. Ms. Blacha defined three layers of risk management as: recognizing risks, preparing for risks, and focusing on one's ability to overcome them. While risks can be a barrier to achieving your goals, it builds resilience, which is instrumental in finding success. Accept risks and overcome them to build a strong character.

Whether it's your work or your passion, set goals and work toward it. She urged project managers to not be deterred by a lack of experience from trying new experiences.





Key takeaways:

- Redefine your comfort zone; dare to pursue bigger goals.
- Cultivate the drive to keep learning and pushing yourself.
- Let your past not shadow your present or the future.
- Find mentors you can look up to for inspiration.
- Don't take yourself too seriously; be open to making a fool of yourself sometimes.
- Ask others for advice but trust your gut instinct the most.
- Determination will give you solutions to problems, not excuses.
- You can't have it all; be ready for sacrifices to turn your dreams to reality.
- Know your limits; stop when you need to.
- Every single step gets you closer to your goals.
- Be appreciative of what you have.

Focus your energy on the things you can control.

