



Alex Staniforth

ADVENTURER / EXPLORER · AUTHOR

Organisations ask leaders to deliver through disruption while simultaneously protecting the mental health of their teams, and most try to do both by keeping them separate. That separation is the problem. When wellbeing is treated as a risk to manage rather than a resource to build, the cost accumulates invisibly until it shows up in burnout, disengagement, and teams that have stopped performing. The question is not whether leaders value their people's mental fitness; it is whether they know how to build it alongside performance, not instead of it.

When performance cultures start breaking people, they've misunderstood performance. Alex Staniforth, adventurer and co-founder of Mind Over Mountains, gives leaders the tools and the argument to build both.

Alex Staniforth's 2026 Biography

Why organisations work with Alex Staniforth

- Both of Staniforth's Everest attempts (2014, 2015) ended in catastrophe, which means his argument about resilience, failure, and redefining success is not constructed from triumph. That credibility is difficult to replicate.
- His personal mental health disclosure; depression, anxiety, eating disorders, epilepsy, and a lifelong stammer, is specific and public. It allows him to reach parts of a leadership audience that pure performance speakers cannot, including people who are privately struggling.
- The 'Resilience Rucksack' gives audiences a named, practical framework to take away: not just an inspiring story, but a set of tools mapped to real workplace pressures.
- As co-founder of Mind Over Mountains, a national UK charity combining outdoor experience with professional mental health support, he brings an institutional track record to conversations about psychological safety that extends well beyond the stage.
- His Honorary Doctorate (DLitt) from the University of Chester, awarded in 2025 for his contribution to young people's mental health, positions him credibly across both the performance and the clinical ends of the wellbeing conversation.

Biography highlights

- Survived the 2014 Khumbu Icefall avalanche and the 2015 Nepal earthquake, the two most significant disasters in Everest history, on consecutive attempts, as a teenager
- First and fastest person to complete all 446 Nuttall mountains in

AVAILABLE FOR

- After Dinner Engagement
- Speaking

ALEX'S SPEAKING THEMES

- Change Management
- Executive Development
- Mental Health in the Workplace

LANGUAGES: English, Spanish

England and Wales under human power in 45 days; fastest ever ascent of all 100 UK county tops (72 days)

- Author of *Icefall* (Coventry House Publishing, 2016) and *Another Peak* (2019)
- Co-founder, Mind Over Mountains: national UK charity restoring mental health through therapeutic outdoor programmes (est. 2020)
- Honorary Doctorate (DLitt), University of Chester, 2025: for outstanding contribution to young people's mental health services
- Prime Minister's Points of Light award, 2023; Pride of Britain Granada Reports Fundraiser of the Year, 2017; over £150,000 raised for charity across endurance challenges

Biography

Everest has a way of clarifying what resilience actually means. Alex Staniforth attempted the summit twice – the 2014 season ended by the Khumbu Icefall avalanche, the 2015 attempt halted by the Nepal earthquake – and returned from neither having reached the top. Both experiences form the foundation of his argument to organisations: that the most useful preparation is not for success, but for what happens when things go wrong.

Since those expeditions, Staniforth has completed a series of documented endurance records. He is the first and fastest person to run and cycle all 446 Nuttall mountains in England and Wales in 45 days and holds the record for the fastest ascent of all 100 UK county tops. He is the author of *Icefall* and *Another Peak*, and in 2020 co-founded Mind Over Mountains, a national UK charity that combines outdoor experience with professional mental health support.

What separates his contribution from most adventure-based speaking is where it goes beyond the summit metaphor. Staniforth has spoken publicly about depression, anxiety, and eating disorders experienced as an endurance athlete: alongside epilepsy and a lifelong stammer. This specificity allows him to speak credibly in mental health conversations where most performance speakers cannot go. His practical framework, the 'Resilience Rucksack', translates that experience into tools that leadership audiences can name and apply.

His keynotes have been delivered to Rolls-Royce Submarines, Samsung, Bank of America, Accenture, FedEx, and the NHS, among others. He was awarded an Honorary Doctorate (DLitt) by the University of Chester in 2025 for his contribution to young people's mental health, and received the Prime Minister's Points of Light award in 2023. He is an ICF-trained coach and certified Gazing Red2Blue practitioner.

Key speaking topics

- Resilience under pressure
- Mental fitness and sustainable performance
- Leadership through adversity and change
- Burnout prevention and psychological safety
- Goal setting and redefining success
- Team performance in uncertainty
- Wellbeing as a performance foundation

Ideal for

- Senior leadership teams navigating organisational change or post-

disruption recovery

- CHROs and people leads building mental health or wellbeing programmes with senior buy-in
- Leadership development and high-potential programmes requiring a resilience anchor
- Corporate conferences where performance and wellbeing are a combined agenda item

Audience outcomes

- A practical, named framework (the 'Resilience Rucksack') for maintaining performance during setbacks, change, and high pressure
- A more specific understanding of the relationship between mental fitness and sustained performance - not as a trade-off, but as the same investment
- Increased confidence among leaders in modelling openness around mental health, and in recognising early warning signs in their teams
- A shift in how failure and setback are framed - from evidence of inadequacy to material for growth
- Reference points from extreme conditions that translate directly to the pressures of demanding professional environments

Alex Staniforth's 2026 talks & topics

Helping Teams Thrive Through Setbacks and Change

A keynote exploring how teams can move beyond coping with challenges to using setbacks and change as a platform for growth, with content tailored to the audience's specific brief.

Key takeaways:

- Practical perspectives on responding constructively to setbacks and change
- Approaches that move teams from resilience to forward momentum
- Insights mapped to the audience's own challenges and context

Re-defining Resilience: How to Embrace the Unexpected

Drawing on ultra-endurance and extreme conditions, this keynote reframes resilience as a preparation and recovery discipline - not a capacity for endurance - and introduces the 'Resilience Rucksack' toolkit.

Key takeaways:

- A working definition of resilience focused on preparation, recovery, and forward momentum
 - Practical tools to sustain performance under pressure, failure, and uncertainty
 - Strategies for keeping teams moving when goals feel distant
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Achieving the Extraordinary: Turning Setbacks into Success

A keynote on sustainable high performance and the role of wellbeing, drawing on Staniforth's own mental health journey to open the conversation and challenge stigma.

Key takeaways:

- The link between mental wellbeing and sustainable high performance
- Practical steps to build mental fitness and manage stress proactively
- How leaders can model openness and create the conditions for team support

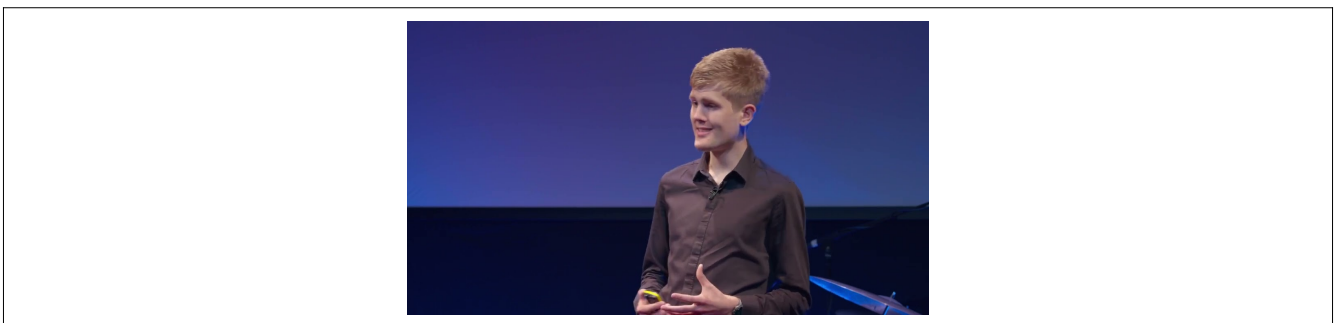
Mountains in the Mind: Building Mental Fitness to Beat Burnout

A keynote focused on building mental fitness to protect performance and prevent burnout, with a practical toolkit for recognising warning signs and supporting colleagues.

Key takeaways:

- Practical tools for strengthening mental fitness in high-pressure roles
- Increased confidence in recognising early signs of deteriorating mental health
- Clear steps for managing stress, supporting others, and avoiding burnout

Alex Staniforth's Videos



What Alex Staniforth's clients say

Alex's story of resilience, courage, and overcoming adversity is nothing short of extraordinary. Alex's keynote reminded us all that success is not just about reaching the summit but about the journey and the unwavering spirit that fuels it. His authenticity and passion resonated throughout the room, sparking conversations that continued long after the session ended. Thank you, Alex, for making this year's APA Conference unforgettable.

Jamie Radford

CEO, Accounts Payable Association

What a refreshing delight Alex is! Authentic, funny, passionate and simply genuine in every word of his heartening journey shared. If you're looking for a real example of resilience and winning in the face of adversity - Alex is your man. He'll have you glad to have met him and wishing him every success in all he does - as well as inspiring those in your team in a humble, unassuming way that is extremely powerful.

Marcella Kain

UK Sales Director, Kellanova

Alex recently joined us at the launch event for our High Potential programme as the keynote speaker. Alex perfectly combined his story and experiences with the theme of Achieving Your Potential. He captured the audience through his ability to authentically articulate his drive and determination, overcoming many challenges in his way, as well as finding beauty and lessons through 'failure'. Alex collaborated with my team in preparing for the event such attention to detail, ensuring his talk would not only resonate but inspire the audience. And that it did! Feedback received from participants was exceptional, so many inspired to push outside of their comfort zone and to see what opportunities lie ahead. Myself included!

Natalie Prempeh

Head of Talent, Samsung UK

Alex recently supported a team get together encouraging different ways to approach challenges in or out of work. His ability to quickly grasp the messages specific to the team and our business and then weave this into his delivery was impressive. His authentic and humble articulation enabled there to be something in the messaging for everyone and this was very much appreciated. Thanks again Alex.

Jonathan Ford

Off Trade Director, Heineken UK

The team were blown away and left feeling incredibly inspired. Thank you for doing what you do. I know for some in my team who are struggling at the moment it would have resonated even more. Keep doing what you're doing and THANK YOU! I also know everyone has left feeling and thinking differently because of you, in a really positive way

Sue Harries

Digital Director, Screwfix

Sometimes the approach to mental health within organisations as big and cumbersome as ours can feel a bit of a tick box, superficial exercise, but your sessions felt very different, very real, very humble and very authentic. In my view, you will have made a difference much bigger than you may think or ever know.

Chris Mead

Chief Superintendent, Cambridgeshire Police

A lot of us had read about your story online, but hearing you tell it yourself yesterday was more inspiring than I would ever have imagined. Your story telling skills are second to none and I believe that you have had an incredible impact on a lot of people who were on the call by being vulnerable, sharing your struggles, and letting us into your world.

Alix Wright

Internet Fusion Group

Alex delivered a virtual motivational speech via Skype to circa 150 leaders in our business. The event was very well received with many leaders commenting on the relevance of Alex's journey to our challenges and since the event several leaders have linked back to Alex's content - describing their "resilience rucksack" and the question "are you pulling on the rope?" has entered our lexicon.

I was particularly impressed with the preparation and tailoring Alex was able to do to make the message even more pertinent to our business - it was a truly inspirational session summed up by one comment - "I can't believe you just paid us to listen to that!"

Robert Neale

GM, Core Manufacture, Rolls-Royce Submarines

Thanks so much for coming down to talk with the team. You absolutely hit the brief - everyone has been talking about it ever since. It also encouraged one or two people to open up about their own anxieties and stories later in the day. And we had some really healthy conversations.

Paul Kiddle

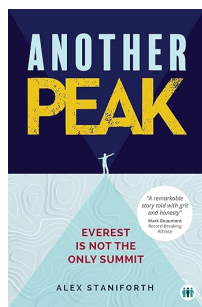
Contract Manager, National Grid

Your presentation was riveting, engaging and inspirational. We have received such overwhelming feedback on how your story resonated with the team and how it was what they needed at such an appropriate time.

Seema Hallon

Head of Office Dubai, Deriv.com

ALEX'S LATEST BOOKS



Another Peak: Everest is Not the Only Summit

Alex Staniforth's 2026 speaking fees

Specific fees fall within the ranges shown. These are presented as a guide only and are subject to change without notice.

	EUR	GBP	USD
Home Country	Under €12000	Under £10,000	Under \$15000
Asia Pacific	Under €12000	Under £10,000	Under \$15000
Europe	Under €12000	Under £10,000	Under \$15000
Middle East & Africa	Under €12000	Under £10,000	Under \$15000
South America	Under €12000	Under £10,000	Under \$15000
United Kingdom	Under €12000	Under £10,000	Under \$15000
US East Coast	Under €12000	Under £10,000	Under \$15000
US West Coast	Under €12000	Under £10,000	Under \$15000
Virtual	Under €12000	Under £10,000	Under \$15000