

Melissa Arnot Reid

World-Record Holding Adventurer & Author, "Enough" Climbing Toward a True Self on Mount Everest

RESILIENCE · HIGH-PERFORMANCE UNDER PRESSURE · RISK MANAGEMENT · TEAMWORK · FEAR & VULNERABILITY · WOMEN IN LEADERSHIP

THE PITCH

An Everest guide who translates oxygenless risk, fear, and teamwork into a grounded playbook for high-stakes performance and meaning.

FULL BIO

Melissa Arnot Reid is a pioneering mountaineer, educator, and advocate with over two decades of experience as a mountain guide. She is known for her relentless pursuit of personal excellence and her commitment to sharing her knowledge with others.

In 2016, Melissa became the first American woman to summit and descend Mount Everest without supplemental oxygen, marking her sixth successful ascent of the world's highest peak and cementing her place in mountaineering history. Her achievement made international headlines, turning her into a sought-after speaker and media figure, featured in top publications and television programs. Despite this recognition, she remains dedicated to her work as a mountain guide and as the co-founder of The Juniper Fund, a non-profit providing financial support to the families of Nepali workers who have lost their lives in the mountains.

Melissa's journey, both on and off the mountain, is captured in her memoir, *Enough: Climbing Toward a True Self on Mount Everest*. In the book, she offers an unfiltered look at the triumphs and hardships of a life spent in pursuit of greatness—not just in mountaineering, but in self-discovery. She shares candid reflections on navigating life in a male-dominated space, dealing with loss, and redefining what success and fulfillment truly mean. Through powerful storytelling, she reveals that the biggest mountains we climb are often the ones within ourselves.

Melissa lives in the Methow Valley of Washington State with her husband, Tyler, where they run their respective guide services and continue their shared passion for adventure.

CONNECT

Website · spokenartists.com/speakers/melissa-arnot-reid

LinkedIn · linkedin.com/in/melissa-arnot-reid-65b22384

Instagram · instagram.com/melissaarnot

X / Twitter · twitter.com/melissaarnot

SIGNATURE KEYNOTES

Enough: The Power of Pushing Limits, Embracing Mistakes, and Finding Your True Strength.

Melissa Arnot Reid has spent her life defying limits—on the world's highest peaks and within herself. As the first American woman to summit and descend Mount Everest without supplemental oxygen, she has proven that success isn't about fearlessness—it's about resilience, perseverance, and knowing when you are enough.

Based on her powerful new book, *Enough: A Memoir of Mistakes, Maturation, and the Journey Home*, this keynote takes audiences on an inspiring journey of grit, failure, growth, and the relentless pursuit of self-belief. Melissa shares deeply personal stories of triumph and setback, revealing the lessons learned through risk, resilience, and redefining success on her own terms.

In a world that often tells us we must do more, be more, and achieve more, Melissa challenges us to shift our mindset—to understand that true success doesn't come from avoiding failure, but from embracing it. She reminds us that our greatest potential is not found in perfection, but in the courage to keep going, even when the path is uncertain.

Key Takeaways:

- Redefining Success: How to measure success by growth, not just achievement.
- Embracing Setbacks: Why failure isn't the opposite of success—it's part of it.
- Pushing Past Limits: How to challenge self-doubt and keep moving forward.
- Owning Your Journey: The power of believing in yourself, even when no one else does.

This keynote is perfect for leaders, high-performers, and organizations looking to inspire resilience, bold decision-making, and a fearless approach to growth. Whether you're navigating the boardroom or the summit of a mountain, Melissa's story will leave you empowered, motivated, and ready to push past your own perceived limits.

Because sometimes, the hardest thing to realize is this: You are already enough.

Climbing Through Fear: Unlocking Success Through Vulnerability.

In today's fast-moving world, leaders, teams, and organizations are under constant pressure to innovate, perform, and excel. Yet, true success often comes from embracing vulnerability rather than projecting strength. In her upcoming book *Enough: Climbing Toward A True Self on Mount Everest* (April, 2025), Melissa shares the lessons learned from both her mountaineering feats and her personal journey. These experiences reveal that admitting fear, uncertainty, and even mistakes is not a sign of weakness but a key to unlocking potential—both individually and collectively.

Melissa, the first American woman to summit Everest without supplemental oxygen, understands that facing fear head-on is what drives meaningful growth. For leaders and teams, this lesson is crucial: when organizations create a space where vulnerability is embraced, innovation and collaboration thrive. This talk delves deeply into Melissa's realization that growth comes not from avoiding failure but from acknowledging it, learning from it, and continuing forward with renewed perspective.

By sharing her journey of self-discovery, Melissa highlights how leaders can inspire their teams to take risks, make bold decisions, and pursue growth even when faced with uncertainty. Audiences will leave with a fresh perspective on the role vulnerability plays in success, fostering an organizational culture of courage, adaptability, and high performance.

Everyday Teamwork: Melissa Arnot on the “Siblinghood of the Rope”

Mountaineers have a special term for teamwork on the mountain: the “siblinghood of the rope.” When you climb together, you form a unique bond—one that is forged in danger; in high stakes; in literal life-or-death situations. It’s a bond that goes beyond the imaginable to save another climber’s life. It’s a bond that sees climbers summit—or perish—together. Most of us will never have the chance to experience this—but we can learn from it.

In this electrifying keynote, six-time Everest summiteer Melissa Arnot Reid shares her strategies for fostering teamwork in your organization. When you work as a team, she says, you are united in the face of your goal. And when you behave in a strategic, collaborative way—by supporting one another, sharing skills, and uniting intent—you will be better and stronger. Your audience will walk away with the practical leadership skills they need to develop and nurture effective teamwork.

The Fifty Peaks Challenge: Climb Every Mountain.

There are 50 states in the United States, and every one of them has a high point. Some are simple prominences that can easily be driven to; others require extreme technical mountaineering ability. To climb to the top of all 50 can take a lifetime. As of 2014, only 253 people had done it. To complete it in only 50 days is an incredible challenge of endurance, logistics, and mental strength.

In this talk, six-time Everest summiteer Melissa Arnot Reid shares the story of the Fifty Peaks Challenge. Climbing a mountain every day sounds pretty tough. But is that how regular life feels to you? For a lot of us, just getting through the day is a challenge. Stress, deadlines, juggling family and work, maintaining our relationships, making time for exercise—we have a lot on our plates. If we don’t take care of ourselves, we become drained and beat up, which takes a significant toll on our health and prevents us from being at our best both mentally and physically. Melissa shares real-life, practical ways to overcome this pressure. Her strategies will help you be the very best you can be in all aspects of both your personal and professional life—so that every day doesn’t feel like climbing to an impossible height. (Unless, of course, you’re joining Melissa on her next mountaineering expedition—in which case, you can do it!)

IMAGE LIBRARY

Original high-resolution color files are included alongside this PDF in the ZIP download.



PORTRAIT



STAGE

BOOK THIS SPEAKER

To check availability, request a hold, or confirm a date for **Melissa Arnot Reid**, email either of the following:

- [pjoric@spokenartists.com](mailto:pjosic@spokenartists.com)
- vtudorache@spokenartists.com

Full digital profile, video reel, and additional press-kit assets: spokenartists.com/speakers/melissa-arnot-reid