

# Exploring *for* Excellence



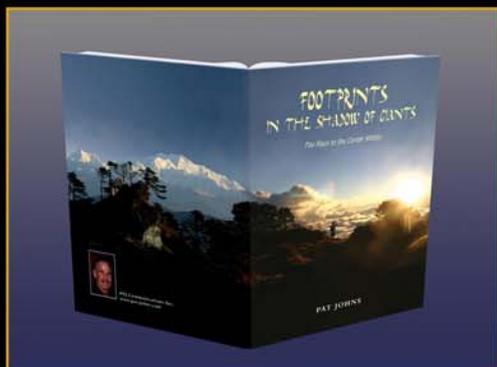
## The Power of the 5 C's

Journey with photojournalist and athlete Pat Johns to the "Shadow of Giants," Mt Everest and four of the five world's tallest mountains. Pat shares with you lessons learned from some of the world's top endurance athletes who participate in the grueling, yet beautiful Himalayan 100 mile running race.

Make your own footprints in the shadows of giants as we explore your potential with:

### The Power of the 5 C's

- 👣 Comfort Zone
- 👣 Commitment
- 👣 Connections
- 👣 Common Sense
- 👣 Compassion



*Pat's investigation into the psychology and motivation of a small group of elite endurance athletes who participate in this spectacular 100 mile running race, has yielded his own unique understanding of the common core values shared by these diverse competitors from around the world.*

Contact Pat Johns, the only H100 four time competitor, to present at your next event.

It's about how we **CHANGE** when we face challenges head on!



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