

Stephen Koch draws the audience into his experiences on the world's highest mountains through stunning imagery and riveting tales of adventure and courage.

His triumphs and epic tales of survival are not only captivating, but offer the motivation for individuals to strive for their highest potential. He translates the skills he used to fuel himself on the Seven Summits into leadership, business and life skills. He encourages people to be more accountable for their own actions, to embrace effective teamwork by valuing the contribution of others and to push beyond their self-imposed limitations.



One Step Further

Stephen Koch teaches, entertains and inspires as he shows his audience the parallel between his mountaineering world and theirs.

▶ Key Speaking Themes

Attain Big Goals– Accomplish “the Impossible”

- ▶ Trust your instincts and build on experience
- ▶ Turn dreams into reality; how to plan, organize and execute
- ▶ Keep yourself and your team motivated and positive

Deal with Fear– What’s Your Avalanche?

- ▶ Turn fear into appropriate action
- ▶ Thrive outside your comfort zone
- ▶ What’s inside your head; maintain perspective

Adversity– Friend or Foe?

- ▶ Overcome obstacles, even against the odds
- ▶ Stay focused; persistence and perseverance
- ▶ Remaining patient under pressure

Ethics– Maintain Your Standards

- ▶ Discover what is important to you personally, and why
- ▶ Stay true to your values and have it work for your team/company

One Step Further is a multimedia presentation offering a unique perspective on reaching your highest potential from one of the world's great adventurers—featuring unforgettable stories and images from spectacular and remote locations.

Stephen has spoken to corporations, students of all ages, and a variety of clubs and organizations all over the world. His themes reach diverse audiences, and his presentations are tailored to meet client's requirements. Customer satisfaction is his number one priority.

Career Highlights

First and only person to snowboard on all Seven Summits, the highest mountain on each continent

Expeditions to Antarctica, Everest, Mt. Kenya, Lhotse, McKinley, Nuptse, Patagonia and Shishapangma

The “Last Great Problem”–
First Winter Grand Traverse of the Teton Range

Over 45 first snowboard descents worldwide

Founded Avalanche Awareness Foundation, a non-profit organization dedicated to youth avalanche education

Senior Exum Mountain Guide, 15 years



Most climbers climb up and down the mountain. Not Stephen Koch. Stephen ventures **One Step Further**. At the top, he straps on his snowboard (which he carries to the top) and stares down near vertical slopes of 60 degrees or more—and pushes off. Failure cannot enter his mind. This takes incredible physical strength and intense psychological commitment.



Stephen Koch **Snowboard Mountaineer**



Stephen Koch is a professional speaker, climber, snowboarder and mountain guide and is a pioneer in the field of Snowboard Mountaineering, a term he coined. His list of alpine ascents and descents include some of the most notable firsts anywhere in the world, most of which have never been repeated. He is the first person to snowboard all the major Teton Peaks in Wyoming, and the first and only person to snowboard on all Seven Summits, the highest peak on each continent.

“At Pepsi-QTG Canada we asked Stephen to come in and get our employees ready to ‘climb’ our mountain of being the top Consumer Packaged Goods company in Canada. Stephen did an incredible job sharing his experiences and translating that into what it takes to ready yourself for any challenge. Our employees just loved hearing Stephen talk.”
–Pepsi-QTG Canada

“Not only is Stephen an amazing mountaineer, he challenges traditional thought and provides a new paradigm of accomplishing the impossible.”
–Jack Tackle, World Class Mountaineer

“Stephen Koch’s presentation was clear, concise, insightful, and peppered with good humor and surprising humility for one so accomplished. His intelligent decision making and amazing ability to focus on an objective come through loud and clear. His respect for the natural world and the diversity of people living in it is refreshing. Stunning photographs from Everest color and clarify his story and leave the viewer wanting more. Be prepared for question and answer sessions that go on and on!”
–Suzanne Hanlon, UO Outdoor Program, University of Oregon



To book an event or for more information:

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