



REMY
KLOOS



“Our gender does not define us. Our age does not define us. Our adversities do not define us. It’s never too late to discover our crazy bold dreams and decide to chase them! Let’s push the boundaries defined by societal ‘rules’ and show up bringing our own unfiltered uniqueness to create greater happiness, meaning and impact in the world.”



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KLOOS



The first South African in history to summit Mount Everest and Mt Lhotse back- to- back within 24hours, the highest and fourth highest mountains in the World. Remy is also the first South African woman to summit Mount Lhotse.

A journey of navigating mental health battles, reaching rock bottom, discovering The Mountains, breaking down stereotypes, defying odds, and life-altering lessons learnt along the way.



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SPEAKING TOPICS

Your Mental Health is your Wealth: the connection between wellbeing, safety, performance and happiness

Freedom from Failure: transforming painful setbacks into life-defining feats

Rise: Unlock flow to optimise peak performance for the body, mind and soul

The Art of Exploration: lessons in curiosity, intuition and self-awareness

Everest: a picturesque journey to the Top of the World!