



Barb Clemes

- ✓ *Change and choice:
Mastering our Fears*
- ✓ *Balancing Life:
Priorities and Focus*
- ✓ *Stretching Self-imposed
Limits*
- ✓ *Achieving Big Objectives
Through Small Steps*
- ✓ *Attaining Personal Goals
within Group Goals*

Barb is one of Canada's top all-round climbers achieving many firsts over the past decade. Climbing on rock, ice, glaciated peaks, at indoor competitions, and as a professional guide -- Barb has done it all.

Barb was a member of the first Canadian women's team to successfully climb North America's highest peak, Mt. McKinley. Barb and partner Ann Campbell did the first female ascents of many of the Rockies greatest frozen waterfalls. Setting a high standard for Canadian women rock climbers Barb climbed the difficult grade of 5.12, both before and after having a baby. As a member of Canada's National Sport Climbing Team, she competed on the World Cup circuit from 1989 - 1992. Barb is one of only a dozen women who are members of the Association of Canadian Mountain Guides.

Barb has accomplished most of this while balancing a career and a family. With a B.Sc. (ET.) from the University of Toronto, Barb works

as a Physical Therapist in a sports injury clinic in Banff, and as a consultant. She and her husband are currently enjoying the challenge of raising their young daughter.

Barb is enthusiastic and articulate. Her adventures have taught her about setting goals, taking risks, facing adversity, working as a team member, and about commitment. She has participated on panels and on radio as a spokesperson for women adventurers. One notable interview by CBC Radio's Peter Gzowski took place while Barb climbed the frozen ice of Banff's Cascade waterfall! By tailoring her style to corporate, youth, or female audiences, her talks are enjoyed by such diverse clients as Petro-Canada, Mobil Oil, the Whyte Museum of Banff, Toronto's Branksome Hall Private School for Girls, and Junior Achievement of Alberta. An inspiring slide show highlighting Barb's achievements accompanies this motivating presentation.

For more information or bookings, please contact:

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