



2018 Professional Development Day:  
*Reaching New Heights in Project Management,*  
featuring Alan Mallory, PMP, P.E., P.Eng., B.Sc.

**Friday, November 2, 2018**

8:00 am to 4:30 pm | Check-in and breakfast begin at 7:30 am

Hosted by Southwest Power Pool.



## Program Overview

Check-in and breakfast begin at 7:30 am. Activities begin at 8:00 am and we'll dismiss at 4:30 pm. Lunch and afternoon refreshments will be served.

All PDD participants will receive a copy of Alan's book, *The Family that Conquered Everest*, and will earn a total of 8 PDUs through Alan's five modules:

- *Project Everest: Essential Steps for Successful Projects* (2.0 Technical PDUs)
- *Age of Agile: A Hybrid Approach to Agile Project Management* (2.0 Technical PDUs)
- *New Heights in Strategic Planning and Communication* (2.0 Strategic PDUs)
- *Healthy Team Dynamics in the Face of Uncertainty* (1.5 Leadership PDUs)
- *Hands-on Group Activity with Ropes* (0.5 Leadership PDU)

Alan Mallory helps develop great leaders and strengthen teams by establishing and reinforcing the professional development skills and mindsets that are essential for success. His engaging presentations and interactive training programs help organizations and individual contributors reach new heights in the way we think and the actions we take in order to achieve breakthrough performance.

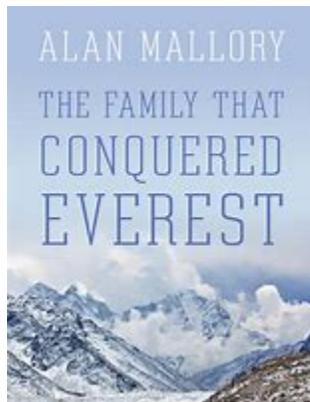
# About Alan Mallory



Alan is an international speaker, author and professional development coach who is passionate about leadership and living life to the absolute fullest! He studied engineering at Queen's University in Ontario, Canada and has worked all over the world as a mechanical engineer and project manager—but his true passion is working with people to reach new heights in the way we think and the actions we take. Alan has a keen interest in discovering what drives us to do what we do and how we can use this knowledge to improve our overall health and happiness.

Alan is also an avid adventurer and outdoor enthusiast who especially enjoys activities that require strategy and problem solving. **His presentations and training programs are all about embracing and working through challenges as well as exploring the skills and mindsets that allow great leaders and committed teams to achieve breakthrough performance.** By integrating his many years of innovative leadership experience with captivating mountaineering and adventure stories, Alan creates a powerful and unforgettable journey for his audience.

## The Family that Conquered Everest



Climbing Mount Everest is considered one of mankind's greatest feats of human endurance. The grueling expedition to the top of the world's highest peak is a journey filled with unparalleled physical and mental challenges.

In 2008, Alan Mallory and his family took on the challenge and became the first family of four to set foot on the summit. It was a two-month journey filled with emotion, loyalty, boldness and terror. The experiences the team encountered during the expedition were as incredible as they were terrifying. From staggering across ladders spanning bottomless crevasses and fighting the many altitude-related sicknesses, to climbing through a blizzard in the dead of night and two of them almost losing their lives forever, every segment of the climb was an exhilarating challenge.

Alan's book, *The Family that Conquered Everest*, describes their exciting adventure and is inspirational example of **family success and family togetherness. Alan explores the many family adventures and dynamics that prepared them to take on such a challenge together.**

**Alan's underlying messages are about personal development and finding the spark within each of us that drives us to do the things we do. By controlling our focus and concentrating on the things we are most passionate about, we are capable of accomplishing great things.** It is our own reservations and limiting beliefs about ourselves that hold us back. If we can overcome these self-imposed limitations, there is nothing that we cannot overcome.



Alan's presentations are an engaging visual and emotional journey, supported by many of the stunning photos and short video clips captured along the grueling quest to the top. **He highlights the importance of many leadership qualities such as strategic planning, effective communication, teamwork and trust, as well as the mentality and passion involved in conquering one's own Everest.**

# Program Details

## Module 1 – *Project Everest: Essential Steps for Successful Projects* (2.0 Technical PDUs)

Climbing Mount Everest is considered one of humanity's greatest feats of endurance. The grueling expedition to the top of the world's highest peak is a project filled with unparalleled physical and mental challenges and some of the roughest, most extreme conditions imaginable. In 2008, Alan Mallory took on the challenge and set a world record with three other members of his family after an incredible self-guided expedition on the mountain. The expedition challenged the mental, emotional and physical limits of their entire beings and at every stage of the ascent demanded an unwavering commitment to resilience and perseverance.

This presentation focuses on developing leaders and strengthening project teams by reinforcing the professional development and project management skills that are essential for success in any project. It highlights the processes that are involved in planning and executing difficult projects by using the challenge of Everest as a metaphor and example of such a project. It is an engaging visual and educational journey that is supported by many of the stunning photos and short videos captured along the expedition. Alan's keynote reinforces the importance of numerous leadership qualities such as strategic planning, effective communication, risk management, teamwork and development of trust within professional relationships as well as the mentality and passion involved in conquering one's own Everest, whatever that may be.

There is also a lot of insight to be gained about personal development and finding the spark within each of us that drives us to do the things we do and how we can use this knowledge to improve our lives and the lives of those around us. By controlling our focus and concentrating on the areas we are most passionate about, we can accomplish great things.

Alan highlights various technical components of project management and shares matrices and examples of project management tools used for Project Everest. Some of these technical elements include:

- The Work Breakdown Structure for Project Everest
- Categorized Work Packages
- A Responsible-Accountable-Consulted-Informed ("RACI") Chart for defining Roles and Responsibilities
- A Sample Precedence Diagram for Project Everest
- A Multi-criteria Decision Analysis
- Communication Models
- The Risk Breakdown Structure for Project Everest
- A Program Evaluation Review Technique (PERT) Graph for Statistical Analysis on Loss of Life
- A Strengths-Weaknesses-Opportunities-Threats (SWOT) Analysis for our Expedition Team
- A Risk Matrix for Impact and Likelihood
- Development of Risk Response Strategies

The underlying message is about how as project managers we need to reach new heights in the way we think and the actions we take in order to continuously improve ourselves and advance our profession.

## Module 2 – *Age of Agile: A Hybrid Approach to Agile Project Management* (2.0 Technical PDUs)

Throughout this interactive workshop, participants will explore various elements of agility and related agile methodologies from a unique perspective that encourages innovative thinking and application of agile techniques. It is based on a hybrid approach to agile project management which combines agile practices with traditional waterfall methodologies. The material builds on the Project Everest framework and explores an in-depth analysis of the fundamentals of agile project management and following an iterative and adaptive approach.

Through short group discussions and hands-on exercises, participants will explore elements from each of the PMI domains for agile projects and will gain a better understanding of the governing principals and knowledge that support an agile approach to project management. Some of the areas that will be covered include:

- Hybrid methods of incorporating agile project management
- Responding quickly and efficiently to issues that arise
- Making prompt project decisions and taking appropriate action
- Adopting an iterative approach to project processes
- The importance of team interaction and effective collaboration
- Adapting to the environment and revised customer requirements
- Continuous identification and evaluation of risks
- Adaptive planning based on current knowledge and goals

## Module 3 – *New Heights in Strategic Planning and Communication* (2.0 Strategic PDUs)

This strategic and business management workshop focuses on the importance of upfront strategic planning and working through communication challenges in order to foster healthy trust relationships and boost project performance. It highlights the importance of future-thinking and coming up with strategies of dealing with and working through issues that arise. This program is about planning for and adapting to changes in environment, expectations and stakeholder mentality and engaging well with those we interact with. Above all, the focus is on putting people first, which is the foundation of high performance, profits and long-term success. Some of the areas that will be covered include:

- Communication challenges that arise internally and externally
- Overcoming communication barriers
- Communication technology - the good, the bad and the ugly
- Enterprise Environmental Factors (EEFs) and Organizational Process Assets (OPAs) that influence strategic planning
- Developing a comprehensive strategic plan
- Alignment of business goals and team objectives
- Non-verbal communication
- Transparency and integrity in the way we communicate
- Industry knowledge and standards

## Module 4 – *Healthy Team Dynamics in the Face of Uncertainty* (1.5 Leadership PDUs)

This engaging workshop module is built around the fundamentals of a healthy project team, how to develop an effective team, and how to manage the human resource element of a successful project. Through hands-on activities and interactive discussions, we will discuss the acquisition, development and management of a project team as well as various roles and responsibilities of team members. Some of the areas covered include:

- Roles and responsibilities
- Using a matrix-based RACI Chart
- Regulatory compliance and impacts
- Developing healthy professional relationships
- Conflict resolution techniques
- Managing professional relationships
- Business models and team structures
- Effective collaboration and team interaction
- Development of trust and group cohesion

## Module 5 – *Hands-on Group Activity with Ropes* (0.5 Leadership PDU)

This fun, collaborative activity relates to risk, communication, development of trust, teamwork agility and other project management areas. Volunteer groups from the audience will construct the different sections of a z-pulley system, which is used for crevasse rescue in mountaineering. The exercise requires the team to work together with ropes, knots and other climbing equipment, following images and instructions that Alan provides. Once the pulley system has been constructed, the purpose and overall effectiveness of all the various sections will be demonstrated.