

# From here to the top! She climbed the highest mountains in the world



*“To achieve great things, we have to dream big!”* Viridiana Álvarez told **CONECTA**.

**This Tec de Monterrey graduate from the Aguascalientes campus is recognized as the first Mexican and Latin American woman to conquer the 4 tallest mountains in the world.**

**At 36 years old, this athlete holds the Guinness record in the female category for the fastest ascent with an oxygen supply for 3 of these: Everest (8,848 meters), K2 (8,611 meters), and Kangchenjunga (8,558 meters).**

**Furthermore, Viridiana intends to be the first woman from the Americas in history to climb the 14 highest mountains and obtain her second Guinness Record by 2021.**



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**She's a Bachelor of Business Administration (LAE) graduate and currently a mountaineer, keynote speaker and businesswoman.**

### **“SCALE” YOUR PASSION**

Since she was little, **Álvarez has taken part in different sports activities**, but never a **discipline** as such. It wasn't **until 2011** that she competed in her **first 10km race**.

Over time, **she dedicated her career to triathlons and mountain biking**, but found that **mountaineering was her true passion**.

**Álvarez** managed to climb her **first summit six years ago**, when she ascended the **5,636 meters** of **Pico de Orizaba, in Mexico**.

Defining herself as a woman of **challenges, passion and goals**, for **Álvarez** it's more than just **climbing mountains**. Her true mission in life is to **excel, to be a fulfilled woman and to inspire others**.

***“My mission in life is to be the best. To be a fulfilled woman, who inspires others to achieve their goals”.***



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*“When I first started mountaineering, my goal wasn’t to be the first woman from the Americas to achieve anything. It happened over time. My main goal was to climb Everest.*

*“There have been very difficult days, and I believe that adverse situations show you how much you want to achieve your dream and move forwards”, she told **CONECTA**.*

For her, these things are **always in a mountaineer’s backpack: emotional intelligence, knowing how to control yourself, and knowing yourself** are very important but above all, you need to have something that **represents your faith in yourself**.

<https://www.instagram.com/p/BxoSb23gVSn/>

Through her company, **Liderazgo de Altura Centro de Coaching Empresarial (The High-Level Leadership Business Coaching Center)**, she provides **consultations and conferences on innovation and business development**.

Topics that stand out are **business administration and ontological coaching**, courses in **managerial skills and conversational skills** for Mexican industries.

The graduate confessed that **not everything has been easy in her professional life**. Being a **woman and Mexican**, she has experienced many “obstacles”, but they have only **motivated her to keep moving forwards with her goals**.



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## SOCIAL COMMITMENT

For the Tec graduate, it is rewarding **how her experiences and passion have influenced others to positively change their own lives, to be the best they can be.**

Similarly, **leadership** represents the **ability to know where you are going** and to be able to take others with you, Viridiana said.



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In addition to being a mountaineer, **she is a co-founder of “Líderes de Altura, A.C” (High-Level Leaders)**, whose efforts **seek to inspire children and young people through experience and transformational leadership.**

*“I want to make a positive and lasting impression on children and young people”,* the mountaineer announced.

Without a doubt, **perseverance, motivation, and determination** align themselves with your purpose, she continued.



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*“In the **EXATEC** area, it gives us a **great deal of satisfaction** to see a **member of our graduate community fulfilling their dreams**”, said Zuly Nohemí Ramírez Medina, Coordinator of Relations and Development at Tec de Monterrey.*

It's also very important for the institution **to see our graduates successfully develop their careers** without putting to one side **their passion** for what motivates them on a personal level.

Finally, this graduate invites you to **dream big, get out of your comfort zone, have confidence in yourself**, and show people that this means you can **overcome your own mountains** and fulfill your dreams.

*“When you find what you love, work to make it come true and don't let go”, she concluded.*

## HER ACHIEVEMENTS

Alvarez's alpine achievements include:

- **Kilimanjaro**, Tanzania. September 2019. The highest mountain in Africa
- **Pico de Orizaba**, Mexico. February 2014
- **Manaslu**, Nepal. May 2017. Expedition Leader
- **Aconcagua**, Argentina. January 2015
- **Elbrus**, Russia August 2018. The highest mountain in Europe
- **Everest**, Nepal. May 2017. Expedition Leader
- **Lhotse**, Nepal. May 2018
- **Kanchenjunga**, Nepal. May 2019. The first Mexican woman to climb it
- **K2**, Pakistan. July 2018. The first Latin American woman to climb it

**The last 4 are the highest in the world, which makes her the first Mexican and Latin American woman to climb them.**

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