

# Cat Eckrode

THE OUTDOOR ADVENTURE KIND

OUTDOOR COACH | SPEAKER | STORYTELLER

Cat Eckrode is the Chief Outdoor Adventurer behind The Outdoor Adventure Kind, guiding groups and individuals, on and off the trail. An engaging speaker and storyteller, she aims to entertain, inspire, and empower others through a connection with the outdoors. Her transformation from a sedentary lifestyle to one filled with amazing outdoor experiences, pushing her personal limits and discovering personal strengths, resonates with audiences.

TOPICS | PRESENTATIONS | WORKSHOPS

- **5 Steps to YOUR Adventure** – Basic steps to get anyone started on the path towards outdoor adventure.
- **To the Mountain via Molehills** – Working towards giant goals in small, achievable steps.
- **Adventures on the Wonderland + Planning Your Own Adventure** - Stories of first hand experiences on the Wonderland Trail and practical tips for others planning their own visit.

Customized presentations & workshops can be discussed, creating the perfect experience for your next event.



## WHAT INSPIRED ADVENTURERS ARE SAYING...

"We had a lot of fun! Friendly people and great education. It was great to have like minded conversations."

- Cathy Weaver

"We are glad we were able to make it down for Cat's latest workshop. We enjoyed the conversation with other outdoor lovers and took several good ideas away as we get ready for a season full of adventures!"

- Jessica & DJ Johnson

"Working with Cat has greatly increased my confidence in navigating the great outdoors! Not only am I more prepared on day hikes but I have become more mindful of protecting our environment. Cat's workshops are educational, honest and fun. On a recent trip to Yosemite, we actually ran into a bear on the trail. Not only did I know what to do because of Cat but felt calm, cool and collected the entire time! I couldn't recommend her expertise enough."

- Paige Kane



# OAK

# CONNECT WITH CAT & BOOK YOUR EVENT

**Cat Eckrode**


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 The Outdoor Adventure Kind



TEACHING A LOVE OF THE OUTDOORS

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## BECOMING THE OUTDOOR ADVENTURE KIND

When Cat began exploring the outdoors, she was out of shape, felt out of place, lacked any outdoor skills, had no idea what gear she should have, plus she faced well-intended doubts from others as obstacles every time she set out for the trail. Today, she is not only confident in her own abilities as an outdoorswoman but in the ability of those who haven't even started hiking yet!

Through amazing first-hand experiences, a lot of research, & immense personal growth, she's learned how many great benefits can come from trail-based adventures. Cat pairs her passion for personal growth gained by exploring the outdoors with her professional background, including experience as a leader, a mentor, & a coach. When introducing others to hiking basics, she makes a point of sharing ethical & sustainable practices that respect nature & all others who enjoy the outdoors.

Cat's primary mission is to introduce others to trail-based adventures, building a foundation of basic outdoors skills & knowledge, & leaving each individual with a sense of self-confidence & empowerment carried both on & off the trail. Everyone can become The Outdoor Adventure Kind.

