

## HALF FULL PARTNERS WITH ARON RALSTON TO KICK OFF LEADERSHIP DEVELOPMENT SERIES

### Aron Ralston to Co-Facilitate “Testing Your Inner & Outer Strength as a Leader” Forward in Aspen, CO

HOBOKEN, NJ – April 26, 2011. Aron Ralston, Survivor, Author of “Between a Rock and a Hard Place” and inspiration for Academy Award nominated film *127 Hours* has teamed up with half full – a company specializing in business and personal development – to co-facilitate an intense and adventurous leadership development retreat as part of its Personal Development Forward series.

half full is known for facilitating Corporate retreats (called “Forwards” in half full lingo) to assist executives and their management teams with company and organization strategic plans. Due to the overwhelming success of these sessions, half full has often been asked by Clients to facilitate Forwards that individuals can attend to work on their own personal plans for development.

“This has always been a goal for the business,” said founder, Rebecca Twitchell. “I am extremely excited about it and couldn’t think of a better person to share the launch of this series with than Aron.”

Twitchell met Ralston several years ago after the launch of his book “Between a Rock and a Hard Place.” After reading about his experience of being pinned by a half-ton boulder for nearly a week in the deep canyons of Utah and having to amputate his arm in order to survive, Twitchell was intrigued and wanted to swap stories.



Born with Symbrachydactyly Syndrome and having lost both parents at young ages, Twitchell is familiar with adversity, physical limitations and life’s challenges. While she admits that she’s “got nothing on Ralston” given what he has gone through, she did identify his story as one she could share with her Clients. Workshops designed to assist teams with planning strategically for the future of their organizations as well as overcoming obstacles in the way of their perceived impossible have been facilitated with Ralston’s experience as the theme.

“It really is about attitude,” Twitchell continued. “If you are angry because of the things that have or have not happened in your life or you’re frustrated with the day before it even begins, then there is no way you will move forward personally or professionally. But, if you are willing to embrace, learn from and grow from life’s experiences, then the sky’s the limit with what you can accomplish. That’s why having Aron with me on this Leadership Development Forward makes so much sense – he’s turned an unfortunate experience into something teachable and life changing – and in a positive way.”

When asked how he felt about the request to take on an active role as co-facilitator rather than a typical speaking engagement at one of half full’s events, Ralston responded enthusiastically, “I am looking forward to it because it encompasses three things I really enjoy – leadership, helping others and climbing. And to be honest, I am not surprised Rebecca asked. She has always told me that one of these

days we would work together on a Forward. Kicking off the Personal Development Forwards is a perfect fit for both of us.”

half full's Personal Development Forwards have been designed with a specific audience in mind so that individuals who have similar areas of interest will have a chance to share stories, create solutions and benefit from the camaraderie of their fellow peers. Professional co facilitators experienced in Forward-specific content have been hand-picked by half full and/or have requested to be a part of the experience based on their expertise in that area of development.

The Leadership Development Forward “Testing Your Inner & Outer Strength as a Leader” to be co-facilitated with Ralston in Aspen, CO September 23-25, 2011 focuses on the adventurous and risk taking leader who makes important strategic decisions on a daily basis. Leaders will walk away with a personal plan for their futures ... and climbing will absolutely be a part of the experience.

For more information on other Leadership Development Forwards currently available, **click here**.

#### *About half full*

*Motivated by several years of business know how and how "not" to, half full is your go-to for the facilitation of any and all plans to get you from point A to point B. No longer are there any excuses standing in the way of achieving goals. Known for its unique and creative problem solving techniques, half full has got just what any individual or organization needs to overcome any and all obstacles standing in the way of the perceived impossible. [www.half-full.com](http://www.half-full.com)*

#### *About Aron Ralston*

*In 2003 Aron Ralston's story made headlines worldwide. After being pinned by a half-ton boulder for nearly a week in a remote three-foot-wide slot canyon in southern Utah, Ralston narrowly escaped death by severing his right forearm with a dull pocketknife. After applying a tourniquet, he hiked and rappelled for five hours through Blue John Canyon before searchers in a helicopter miraculously rescued him.*

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