

# From turbines to the top of the world: a journey from wind power to K2

Rope work on Himalayan peaks and on towering wind turbines may look like opposite extremes, but for Amy Mir, they're bound by precision, endurance and mindset. As the founder of Xpeditiongirl, an industry leader and a mountaineer preparing for K2, Amy shares how offshore rotations, extreme weather and mental resilience have shaped both her career and her climb, while breaking barriers for women and people of colour in the world's most extreme environments.

**PES:** Welcome to PES Amy, I'm looking forward to our discussion today. You've built a career in wind, launched your own social media platform and are now preparing to climb one of the world's highest mountains. What connects all of that and how did the decision to pursue K2 sharpen your focus on everything else?

**Amy Mir:** At first glance, the rope work on turbines and the rope work on Himalayan peaks might seem worlds apart, but for me, they are deeply connected. Both demand precision, endurance and absolute trust in your skills. Choosing K2 didn't just set me on a climbing goal; it redefined my entire lifestyle. My work rotations offshore or on tall structures mirror the discipline I need in the mountains, long hours, exposure to the elements and mental resilience. Every day at work now feels like part of the climb.

**PES:** You've spent years training in harnesses and pushing your limits in tough weather conditions, whether on wind turbines or through outdoor sports. Can you tell us about that journey and how it led to the launch of Xpeditiongirl?

**AM:** Rope access gave me more than a profession; it gave me an identity. I learned how to operate at heights, solve problems under pressure and embrace challenges that most people would avoid. Back in 2016, I launched Xpeditiongirl, just before my first winter expedition, ski and sled, North Norway. Xpeditiongirl was my way of sharing that journey, to inspire others, especially women, to see these environments not as barriers, but

as gateways. I wanted to create a platform that shows strength and vulnerability can coexist, that you can carve your own path in extreme places. Untraditional ones, and in male dominated ones.

**PES:** Preparing for K2 is no small feat and yet, it seems deeply connected to the kind of mental and physical readiness you've developed through wind work. How do those two worlds inform each other?

**AM:** The wind industry has been one of my many training grounds. Out there, weather dictates everything, safety is non-negotiable and you need to make calm decisions in high-stress situations. High-altitude climbing I understand, is the same, except the consequences are magnified. Both have taught me that preparation isn't just physical; it's mental conditioning, situational awareness and the humility to respect forces bigger than yourself.

**PES:** You're known for bringing intensity and heart into the classroom. Your trainees don't just learn procedures; they learn presence, control and confidence. What makes that connection stick for you as an instructor?

**AM:** For me, training is never about ticking boxes. It is about instilling the right mindset. I work as an instructor at RelyOn, where I teach GWO courses, fall arrest training, and serve as a Hyrox instructor. I am also a course leader responsible for educating the next generation of mountain guides in Norway. I want people to walk away not only with the skills but with the belief that they can handle themselves when it

matters most. That belief can save lives; in a wind turbine, in the mountains, in anything where the stakes are high.

**PES:** In both the wind sector and on mountains, lives depend on precision and mindset. How do you carry that across both fields?

**AM:** Precision is my language; mindset is my compass. In both worlds, a single lapse can cost lives. That's why I approach every climb and every job as if it were the most important one I've ever done. The habit of thinking three steps ahead, double-checking and never letting complacency creep in, that's what I carry everywhere.

**PES:** There's a strong thread of discipline and independence running through your story, but also one of service. How does leading others in safety translate into the work you're doing with Xpeditiongirl?

**AM:** We all need challenges to grow. Xpeditiongirl is taking the step to grow and seek knowledge beyond her own boundaries. These experiences are provided to those who want to learn, by my mistakes or shared as advice. Mostly sold as motivational speeches. Xpeditiongirl isn't just sharing her adventures; I'm showing that these paths are possible for others, too. It's about opening doors and holding them open.

**PES:** The wind industry is changing, but progress can still feel slow, especially for women and people of colour. You're out there doing the work, not just talking about it. What kind of change are you trying to model?









Amy Mir

**AM:** I want to be the proof that we belong in these environments, without needing to fit a mold. A woman, a Muslim, a Norwegian, a Pakistani or anyone else who could be labeled as stereotypes and with their prejudice. For women, for people of colour, representation isn't just about being visible; it's about being seen as competent, capable and valuable. I want the next generation to see someone who looks like them doing this work and think, 'I can too'.

**PES:** There's something powerful about claiming space in extreme environments, whether it's offshore, remote or vertical. In many ways, you're pushing against visibility limits as much as physical ones. What does representation feel like from your perspective?

**AM:** Representation feels like planting a flag where people didn't expect you to be. Every time I step onto a turbine platform or a mountain ridge, I'm showing that we exist here and that our stories matter. It's about normalising presence so it's no longer a surprise.

**PES:** Your life now blends technical leadership, intense physical training and digital storytelling. Does one drive the others, or is it more of a feedback loop?

**AM:** It's absolutely a feedback loop. The technical work feeds my discipline, the training builds my resilience and the storytelling keeps me connected to a larger purpose. Each one fuels the others, without one, the rest wouldn't be as strong.

**PES:** There's a certain kind of toughness that's cultivated in wind, the kind that doesn't always show up in metrics or reports. How do you honour that in your work, and how are you helping others find pride in it, too?

**AM:** That toughness is quiet. It's in the cold mornings, the long shifts, the problems solved in silence. I honour it by naming it, by showing it in my content and by reminding crews that what they do is extraordinary. Pride grows when people feel seen.

**PES:** As the sector grows and brings in new talent, how do we make sure stories like yours aren't the exception, but a signal of what's possible?

**AM:** We tell them loudly and often. We celebrate diverse paths and we create pathways for others to follow. If my story is just an exception, we've failed. But if it becomes one of many, then we've changed the industry.

**PES:** And finally, when you stand at the base of K2, with everything behind you and everything ahead, what will you be carrying from the wind industry with you to the summit?

**AM:** I'll carry the discipline of the job, the trust in my equipment, and the respect for the forces I can't control. I'll carry the voices of the crews I've worked with, the lessons learned in storms, and the unshakable belief that preparation is everything. The energy industry is teaching me how to endure; K2 will test how far that endurance can go.

[instagram.com/xpeditiongirl/](https://www.instagram.com/xpeditiongirl/)

