



## OUTWARD BOUND SOUTHERN CROSS COURSE: ANNALISE'S STORY

### My journey to Outward Bound

Before Outward Bound I was at a crossroads in life. After completing four years of study, I found myself working in a role not entirely aligned with what I set out to do. Every day I am working within the community as a games liaison at Auckland Netball, and enjoying it.

And yet, this role was well within my comfort zone. I often found myself thinking about how I could do more for my community in the field that I am qualified in - public health.

### My hopes for the experience

My aim for the Southern Cross course was to instill the self-confidence that I needed to take the next step. I want to believe I am capable of playing a part in creating healthy environments for my community, allowing them to reap the benefits.

I was also hoping to meet new people with backgrounds different to my own and experience working together towards a common goal - an important skill for the increasingly diverse community I work in.

### My highlights

Southern Cross taught me a lot about myself and my peers – we are all capable of so much more than most of us believe, both physically and mentally. This came to light most when we were hiking to the top of a mountain with all of our camping gear.

The course also gave me a chance to reflect on my values and the ones that matter to me most. I am excited to continue reflecting on these values and continue aligning my life with them.

### My life after Outward Bound

I am leaving the Outward Bound course feeling very motivated to make a positive change in the lives of the people around me. My time at Anakiwa has given me the chance to work with others from different backgrounds and to manage the different strengths and weaknesses of those around me. I envisage the people skills I have learnt will be transferable to my everyday life.

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COURSE?

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