



## OUTWARD BOUND DISCOVERY COURSE:

### JAMES' STORY

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#### **My journey to Outward Bound**

I love spending time in the outdoors but always found reasons to be distracted by life's day-to-day challenges.

I'd been facing considerable pressure at work and was also in the process of buying a house. Combined, these challenges were building up to act as a heft weight on my mind. Timing for my Discovery course could not have been more perfect.

#### **My hopes for the experience**

My aim for the course was to feel a sense of re-grounding. I wanted to enjoy time reflecting on myself, what's important to me and my goals.

#### **My highlights**

The chance to spend time alone completely detached from the world on solo was a real highlight. It's amazing how fast the day can pass when you're mulling over thoughts that never usually get a look in over the daily grind.

Being a guest in the home of penguins, bellbirds, seals and other native creatures renewed my sense of enthusiasm for our beautiful country and reminded me of my responsibility to care for it accordingly.

Sharing this special week with 10 others, all on their own journeys was most enjoyable. We relished the opportunity to help one another overcome fears and challenges in our own lives. I am still inspired by the effort they made to address things that were important to them.

#### **My life after Outward Bound**

Since returning to daily life I can already feel myself pushing harder, running faster, aiming higher and smiling wider. The greatest gift I will take away from the course is the time I had to appreciate myself and appreciate nature.

“ We have the ability to  
build our own destiny.  
Just remember to enjoy  
the journey. ”

**INTERESTED IN FINDING  
OUT MORE ABOUT THE  
DISCOVERY COURSE?**

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