

12/12/21

To the Timaru Rotary Club,

I would like to take this opportunity to extend my heartfelt thanks & gratitude for sponsoring me to come to Outward Bound.

Currently I am halfway through my course on my Solo Scheme & reflecting back on the experiences I have had I wanted to share three of them with you.

Firstly, one of the activities that has challenged me the most has been Kayaking. During this activity, we performed drills where we would capsize the kayak & wait for someone to come & rescue you. This pushed me well & truly out of my comfort zone. When I was younger, I managed to get trapped underneath a kneeboard, so the idea of rolling underwater & having to wait for someone to pull you up terrified me. This drill demonstrated the importance of putting your trust in others which is a difficult thing for me to do. Another thing which struck me during this drill was how the support from those around you can enable you to lean into fear & accomplish feats that you never thought you were capable of doing. Playing a more active role in supporting those around me is a lesson that I will be taking home with me.

The second lesson that I have learnt whilst being at Outward Bound is the importance of effective communication. Our watch has experienced both ends of the spectrum when it comes to communication. It is startling how much of an impact that poor versus satisfactory interactions can have in a group environment. Since beginning at Outward Bound, my ability to communicate to achieve a positive outcome has been improving. I am learning how to delegate tasks, supervise & become proactive in determining what the future needs of others might be. This is an extremely valuable tool that I am committed to working on once my time at Outward Bound draws to a close.

My final experience that I would like to share with you has been the connections I have formed with my watchmates. Within my regular life, I do not believe that I would ever have the opportunity to engage with such a diverse range of people. One of the things that I have enjoyed the most about Outward Bound has been listening to

the stories & knowledge of those around me. Each & every one of my watchmates has inspired me during our Outward Bound course, & I cannot express enough how lucky I feel to be surrounded by such an awesome bunch of people.

Once again, I want to thank you for your help. I have been exposed to many physical, mental, emotional & social challenges which have allowed me to grow. Without your help, I never could have come to Outward Bound. I look forward to sharing more of my experiences with you when I return to Timaru.

Warm regards,  
Zoe Leen.