



# Strength Through Adversity

**Darren Edwards**

Disabled Adventurer and Expedition Leader





**DARREN**  
**EDWARDS**  
DISABLED ADVENTURER & SPEAKER



# Embrace Challenge and Struggle



**The Size of the  
Challenge**   **x**   **The Effort You  
Put In**   **=**   **The Amount  
You Grow**







**DARREN**  
**EDWARDS**  
DISABLED ADVENTURER & SPEAKER





**DARREN**  
**EDWARDS**  
DISABLED ADVENTURER & SPEAKER





**DARREN**  
**EDWARDS**  
DISABLED ADVENTURER & SPEAKER





  
**ARMED FORCES DAY**  
**SHOW YOUR SUPPORT**  
**#ReservesDay**

**DARREN**  
**EDWARDS**  
DISABLED ADVENTURER & SPEAKER



# Perspective



**"When we learn to control and to appreciate our perspective, we realise that what can look like a crisis or tragedy doesn't have to be..."**





# Role Models





**DARREN**  
**EDWARDS**  
DISABLED ADVENTURER & SPEAKER





**DARREN**  
**EDWARDS**  
DISABLED ADVENTURER & SPEAKER



# Positive Action



# The Hierarchy of Emotional Control

1. Feelings
2. Actions
3. Identity (who we become)

# Positive Action Mindset

1. Identity (who do I want to be?)
2. Actions
3. Feelings





**DARREN**  
**EDWARDS**  
DISABLED ADVENTURER & SPEAKER





**DARREN**  
**EDWARDS**  
DISABLED ADVENTURER & SPEAKER





**DARREN**  
**EDWARDS**  
DISABLED ADVENTURER & SPEAKER





# The Miracle















STA

  
**STRENGTH**  
THROUGH ADVERSITY

**DARREN**  
**EDWARDS**  
DISABLED ADVENTURER & SPEAKER

# Failure



# What distinguishes the exceptional from the rest?

- A willingness to fail
- An ability to learn from failure



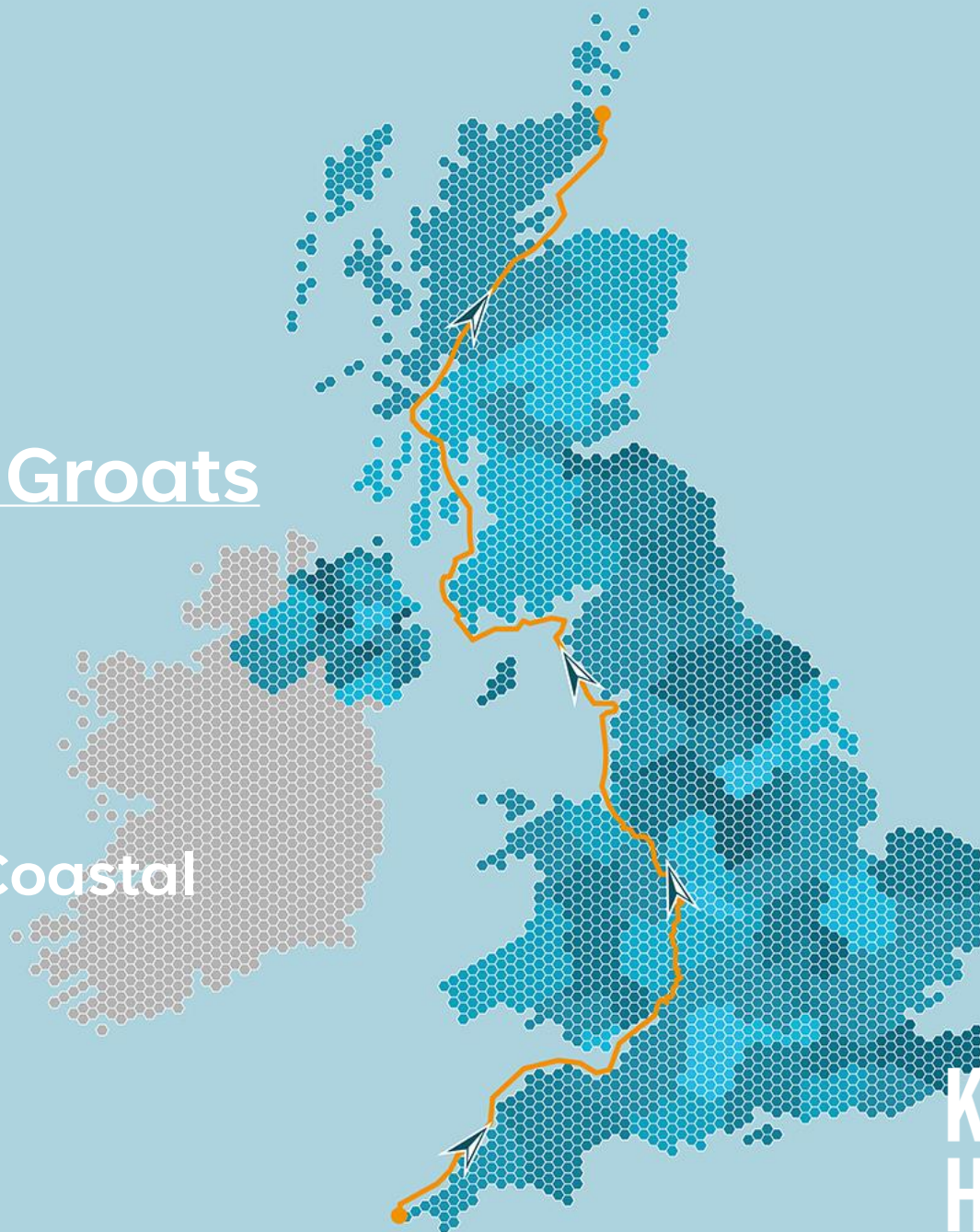
## Land's End to John O' Groats

1,400 Kilometers

35 Days

Europe's Most Challenging Coastal  
Waters

£100,000 for Charity



**KAYAK 4  
HEROES**





✓	Longships Lighthouse	<b>RISK OF DEATH</b>
✓	Doom Bar	<b>RISK OF DEATH</b>
✓	Morte Point	<b>RISK OF DEATH</b>
✓	Bristol Channel	<b>RISK OF DEATH</b>
✓	Morecombe Bay	<b>RISK OF DEATH</b>
✓	Dorus Mor	<b>RISK OF DEATH</b>
✓	Gulf of Corryvreckan	<b>RISK OF DEATH</b>
✓	Duncansby Head	<b>RISK OF DEATH</b>





# Conquer Self-Doubt





# How do we do this?

1. Draw strength from past experiences
2. The curse of comparison
3. Protagonist vs Antagonist Mindset











**DARREN**  
**EDWARDS**  
DISABLED ADVENTURER & SPEAKER







**DARREN**  
**EDWARDS**  
DISABLED ADVENTURER & SPEAKER





**DARREN**  
**EDWARDS**  
DISABLED ADVENTURER & SPEAKER



**DARREN**  
**EDWARDS**  
DISABLED ADVENTURER & SPEAKER











# "What's Next?"





DARREN  
EDWARDS  
DISABLED ADVENTURER & TRAVELER





**NOVO**  
**ANTARCTICA**  
42.195km



**MADRID**  
**EUROPE**  
42.195km



**CAPE TOWN**  
**AFRICA**  
42.195km



**FORTALEZA**  
**SOUTH AMERICA**  
42.195km



**PERTH**  
**AUSTRALIA**  
42.195km



**MIAMI**  
**NORTH AMERICA**  
42.195km



**DUBAI**  
**ASIA**  
42.195km

What is your **Mission Statement** of Purpose?





'To live a life full of **adventure, challenge, love,**  
and to have a **positive impact** in all that I do.'



# Inspiring Resilience in the Next Generation

**Key Stage 3/4: Strength Through Adversity**

**Key Stage 2: The Resilience Muscle**

**Key Stage 1: Dreaming Big**





# Darren Edwards

## ~~Disabled~~ Adventurer

**[www.darrenedwards.org.uk](http://www.darrenedwards.org.uk)**

Social Media – darrenedwards\_adventurer