



Alive Awake!
Feeling great!



Becky's Amazing Adventure

LONDAM



We arrived at Templemeads Station, Bristol for the first part of our journey to Blackheath and the starting line.....

Camaraderie noun: a feeling of good friendship among the people in a group Full Definition: a spirit of friendly good-fellowship



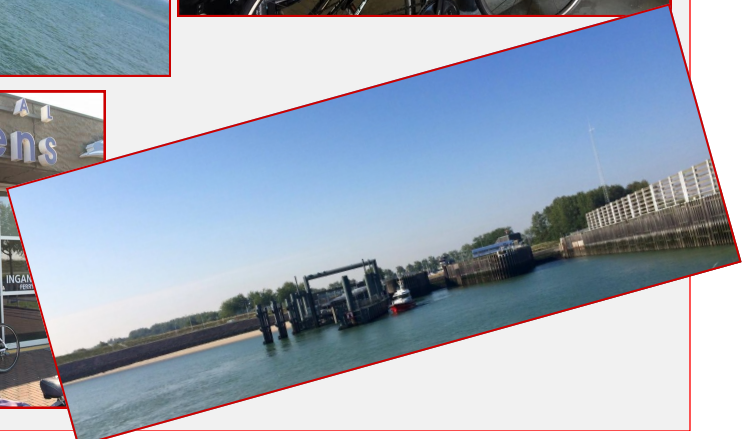
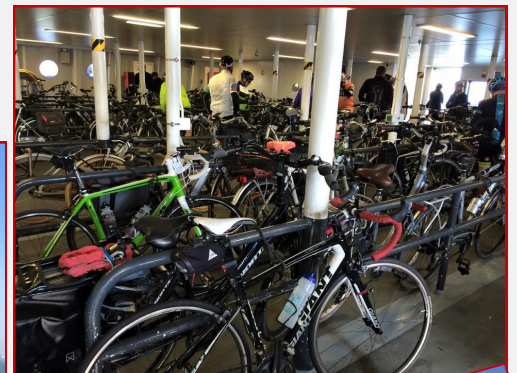
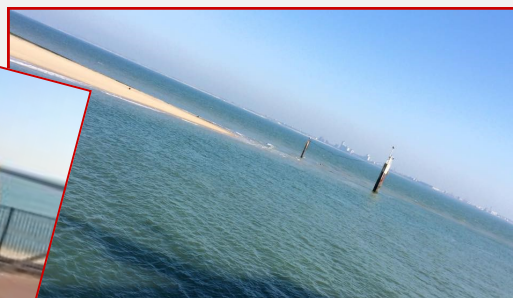
Solutions 42 the place to live L.I.F.E (Learning, Implementation, Foundation and Excellence)

LONDAM

Day 2 Calais to Brugge



Day 3 Brugge to Breda





Day 4 Breda to Amsterdam, the final leg!

Joy

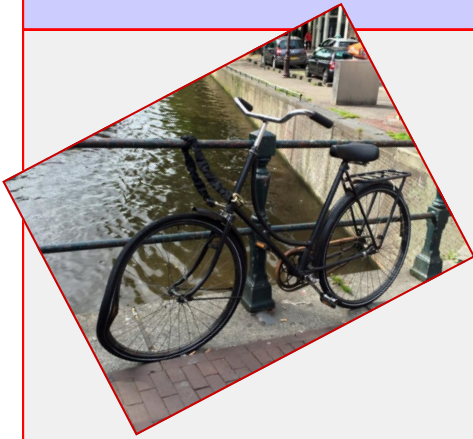
noun : a feeling of great happiness...

After waking up in France we had the long cycle to Brugge approximately (80 miles). Not too bad a shape after the cycle from London and high on excitement we set off after a good breakfast and debrief. Our organizers The DiscoverAdventure team were so efficient we didn't have to worry about anything and could just concentrate on the ride. On day three we cycled Brugge to Breda which is roughly 90 miles.

I was the last to arrive at Breda and was welcomed to a round of applause and cheers from the rest of the group. All I could think was "Thanks for all your support and patience" - they had waited for me and would not start their dinner until I was sat down which I can assure you after cycling 90 miles **food is all you can think about and how starving you are!!**

Day four Breda to Amsterdam. I cannot express to you enough the joy you feel when you see that finishing line knowing you achieved your goal. It took effort and you had aches and pains but the joy you feel completely engulfs you and nothing else matters!

Make A Difference Today



Oh dear help needed!



Celebratory dinner!



The DiscoverAdventure team

Travelling home on Day 5 I finally had a chance to gather my thoughts to really realize what an amazing experience I just had and how so beautifully as described by Huw (one of the group) we cyclists had discovered “Power Friendship” - in an incredibly short space of time we’d become friends and encouraged each other so much that I am sure we will all ride together again in the future... an awesome effort by everyone.

“There may be more beautiful times, but this one is ours.”
Jean-Paul Sartre



Becky Hill, CEO

Infection prevention and control, decontamination and water quality assurance specialist.
Licensed ESCI evaluator and feedback coach (360 emotional Social Competency Inventory).
Colorcode practitioner
Canfield Methodology Certified Trainer
Licensed NLP practitioner.
Coach, Mentor and Speaker.

A passion for excellent leadership, conscious communication and unlocking the hidden potential within people.

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