

ADV
ENT
URE

BEX BAND

PROFILE

"Do you find time for adventure in your life? Going on adventures builds confidence, expands your horizons & reconnects us with the natural world"

My previous expeditions include hiking 1000km the length of Israel, kayaking the width of the UK against plastic pollution and kick scooting the entire length of the USA. Responding to gender inequality in the outdoors, I founded the Love Her Wild community. Providing support and opportunities so that more women can access adventures. The community has grown to over 6,000 members.

Through public speaking I inspire others to get outdoors and set themselves challenges so they too can realise their full potential and reconnect with nature.

"Just unbelievably inspiring" - Laura Try

PREVIOUS TALKS

- Microsoft HQ Seattle
- Adventure Uncovered Live
- Women's Adventure Expo
- Big Retreat Festival
- Steppes Beyond Festival at the Royal Geographical Society

AWARDS

- San Miguel alternative 'Rich List' 2018
- Shortlisted TGO Personality of the Year
- Next Generation entrepreneur award 2019
- 2nd place the Active People Blogger Awards 2017

"Articulate, eloquent and telling it how it is...she's doing great things" - James, AU Live

TOPICS

I can deliver talks on:

- **Adventure** and realising your potential
- **Conservation** and helping the planet through adventure
- **Branding**, growing a community and building a blog

"Her knowledge and spirit was truly inspirational. She had the students engaged and enthralled...they couldn't wait to ask her questions"

- Angela, Samworth Academy

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BBC
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London
Evening
Standard

TRAIL
magazine

The Great
Outdoors

The Observer

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