



The Family Adventure Project

Ideas and inspiration to make your family life active, adventurous and interesting

directors: stuart wickes & kirstie pelling

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Short Talk

Hard Stuff is Good for You

In this entertaining and interactive 30 minute talk aimed at school children, Stuart & Kirstie encourage you to think about and understand why doing hard things is good for you and develop ideas on how you can get better at choosing and handling challenges.

Stuart and Kirstie have challenged themselves and their three children cycling more than 12,000 miles as a family on adventures in New Zealand, Europe and the Baltics. Using stories, pictures and video from these journeys, they illustrate the fun and challenges they encounter on their adventures together. Using examples from the group and their own experience they show how challenges help you grow and learn stuff, make life more interesting, and help build your confidence and character. They show how challenges build skills for life.



In *Hard Stuff is Good for You*, Stuart and Kirstie talk about

- The unusual challenges they've taken on as a family
- Why they like doing harder and harder things
- The joy of success and challenge of not giving up
- What helps keep them going when things get tough
- How friends, family and supporting each other help
- The importance of taking responsibility for challenging yourself
- How they encourage and reward themselves and each other
- What you can do to get better at dealing with challenges



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About your speakers

Stuart Wickes and Kirstie Pelling are Directors of The Family Adventure Project, a family run venture that promotes the benefits of active, independently minded family adventure experiences, encouraging other families to get out, get active and adventure together.

Stuart and Kirstie's personal experience of travelling with kids includes cycling, sailing, canoeing, camper-vanning, eco-touring, roadtripping, railroading and backpacking in places as diverse as New Zealand, Samoa, America, Sweden, Canada, France, Spain, Holland, Germany, Austria, Italy, Latvia, Lithuania, Estonia, Finland, Hungary, Slovakia, Poland and the UK. In the past seven years they've clocked up about 12,000 miles of long distance cycle touring using an ever changing configuration of bikes, tandems, triplets and trailers to accommodate first one, then two and now three children.

Their own experience is complemented by research with other active and adventurous families exploring what's possible in the way of family adventure and the benefits of adventuring together.

Their website www.familyonabike.org and adventure lifestyle blog www.familyadventureproject.org offer a mix of inspirational stories of family adventure and practical advice about what's possible and how to get started, combined with stories that chronicle their own experiences and hard won lessons.

You can keep up to date with their adventures through their active blog www.familyadventureproject.org and contact them through social media on www.twitter.com/familyonabike and www.facebook.com/familyadventureproject

They are authors of many published features about their own and others' family adventures and live in the South Lakeland village of Burton in Kendal.

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