

# Lauren Owen

Inspiring the next generation of adventurers  
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Sharing her passion for adventure and the great outdoors, and bringing practical examples of how self belief and hard work can help you achieve your dreams.

Experienced at engaging groups of all ages, Lauren uses a combination of storytelling from her expeditions and history, science and relatable life lessons to provide an entertaining and inspiring session.

All talks can be fitted to your theme or current area of study, be it self-confidence, geography, environmentalism or history.

## BACKGROUND

A keen sailor, hiker and wild-camper, Lauren is now training to cross the Greenland ice cap over 4 weeks, unsupported by any tour company. She has crewed the *Havhingsten fra Glendalough*, a replica Viking warship, living and working alongside 50 other vikings for a week. She teaches bushcraft, campcraft and leads groups in the UK mountains.

## EXAMPLE TALKS

### **Climate change and the poles**

The changing face of the poles, and what science is learning from the ends of the world

### **Follow your Fear**

How fear can show you the path to growth

### **'The Cold Never Bothered Me Anyway'**

My journey from Bristol to the Arctic

### **Women at the End of the World**

The history of women in polar exploration

## EXPERIENCE

Talks and workshops with schools, Scout and Girlguiding groups

Adventure and Wellbeing conference presenter

DBS checked - Update Service ID available on request

Qualified Guiding Leader

## TESTIMONIALS

*"The Scouts and leaders really enjoyed your talk, it is rare that they are so quiet! We would definitely have you back to speak again."*

1st Wotton-under-Edge Scout Group

*"Lauren took the time to talk to a group of Reception and Year 5 children about her adventures in Norway and her aim to explore Antarctica. The talk was engaging, interesting and most of all inspiring. She answered the children's questions confidently and with great enthusiasm. She showed the children props, pictures and videos which really brought the talk to life. Overall, it was a fantastic experience that the children have continued to talk about."*  
Tara Edwards

