

BEYOND THE HORIZON

RESILIENCE

During the Vendée Globe Pip had to overcome a number of challenges in order to complete the race i.e. climbing the mast, changing her rudder in the Southern Ocean. On your own, or in small groups, using the video, identify the challenges Pip faced and discuss the characteristics she displayed to solve them.

Why do you think those characteristics helped?

"Even when it's really bad, you have to remember it's only a moment in time. I just focus on what is in front of me – what can I do, however small, that can take me a small step forward and closer to a solution, or a more comfortable situation, or better weather" (Pip Hare, 2021)

What does the term 'resilience' mean to you?

Resilience is a huge part of overcoming difficult situations, whether that's struggling with school work, exams, friendships. How does Pip portray resilience and what three coping mechanisms can you adopt to help you?

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