**Ellis Blog-**

**Ellis discovers and pursues his passion for the outdoors through the DofE.**

When Ellis first signed up to do his Gold Award, he had heard lots of good things about the DofE, but he didn’t realise how much of an impact the award would have on his life.

**“***DofE has taken me from a confused, unsure, stressed-out student, who worried about making decisions and mistakes, to now becoming a motivated driven individual in so many aspects of my life.”*

*“The direction my life seems to be going can be credited to the DofE. Without DofE, I would still be someone who has always struggled with ADHD and found it difficult to become focused and driven. Now I am a task driven, eager, intrinsically motivated individual, who enjoys leading, trying new things and pushing the boundaries of myself.”*

*“My Physical section was probably the part that mentally tested me the most, with some days where I just did not want to do it. I would think to myself ‘what's the point.’ But because of DofE, for me the point is so you can say, ‘hey I didn't want to do that, but I still did it.’ This translates directly to real life situations like schoolwork or a job.”*

*“So many opportunities have grew from me starting my DofE. Before DofE, I had no interest in hiking. Now I am working towards my Lowland Leader qualification, to be able to take groups out on the mountains. My DofE Leader shared an opportunity to complete a sailing course and I am now a qualified sailing instructor. I now work at Cardiff Sailing Centre but what I’m doing doesn’t really feel like a job. I am also studying Outdoor Adventure Education at University. This summer I am going to Camp America to be a sailing instructor. I want to work in the outdoors when older and get a job in the Outdoor Industry.”*

**A person standing next to a boat

Description automatically generatedA person in a boat with a sail

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**A person standing on a snowy mountain

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