



Impact of Breast Cancer

Living Fierce, Fearless and Free

An overwhelming amount of breast cancer survivors, (88 percent) say the disease and its treatment has had a negative impact on the way they now feel about their bodies and 68 per cent that it has affected their sexual and intimate relationships.

In a poll of more than 600 ladies, it was found that 72 percent said breast cancer had made them feel less confident about their body. Many had experiences of lower self-esteem and a "loss of self" compared to how they felt before their diagnosis.

Most women felt they could not talk to their healthcare professional about the impact of breast cancer on their body and their self-image.

About the Program

This is a 7-day program, which combines a transformational experiential workshop along with a Walking Camel Safari in Northern Kenya to create a powerful life changing experience for all women who attend. The Samburu Camel Walking Safari is a unique walking adventure in the un-spoilt and undiscovered Matthews and Ndoto Mountains of Northern Kenya.

"A Journey To Self Discovery" Program has been designed for women who have survived a traumatic experience such as breast cancer and are experiencing a loss of self confidence in their bodies as a result. This program will help you heal, it will allow you to hear the wisdom being spoken by your body. It will enable you to understand the impact of change and empower you to deal with this change by learning strategies to accept a new way of being in your body. It will guide you on how to create a strong relationship with your body as it is now. Over and above this, the program's overarching objective is to empower you to connect with your body, so that you may you reemerge a stronger and more powerful you.

This is an exciting program where you will learn to:

- Rediscover and relish in your beauty, despite the scars and learn how to embrace your total beautiful self by seeing yourself as a whole, rather than as a collection of parts
- Learn strategies and action steps to minimise the impact of trauma
- Set and achieve physical challenges that will empower you and help you regain confidence in your body
- Learn powerful life affirming techniques to support you through the many changes life offers

This trip is for truly adventurous at heart ladies - this is not your typical African safari. You will come away from this adventure with a sense of achievement and a heart full of memories to last a lifetime. Each day you will stretch your boundaries, challenge yourself, reclaim confidence in your body, all while enjoying the beautiful African landscape. Here you will find the proud and friendly nomadic Samburu and Rendille people who still cherish the customs, traditions and colorful ceremonies of their ancestors.

Each morning will begin by setting powerful intentions for the day and when walking across the wilderness, you will be lead by our fun loving Samburu guides as the camels accompany us and carry all our kit to a new spectacular campsite every day. You will experience incredible African wildlife and the area is a bird lover's paradise. End each day by observing spectacular African sunsets and celebrating your day's achievements while sitting around the campfire before going off to sleep under the stars to the sound of the Africa night. Each day will be a celebration to your body. By participating on this safari you will be contributing to the Milgis Wildlife Trust, a local trust dedicated to conservation in this area.

Trip Details

Destination: Nairobi, Kenya

Walking Safari Location : Matthews and Ndoto Mountains of Northern Kenya

When: 8-14 July 2018 (excluding travel days)

Contact: linda@berlotgroup.com for more information

A Journey To Self Discovery

RISE



Living Fierce, Fearless and Free

About Your Program Leaders



Linda Berlot's story serves as an inspiration to everyone; as a survivor she lives a rich and fulfilling life in the UAE and is committed to ensuring that her fellow breast cancer survivors do the same. Linda is a successful entrepreneur who leads a coach training school and an international team coaching organization that coaches global leadership teams. She is a tireless campaigner for promoting awareness for the prevention of breast cancer and provides support and encouragement to breast cancer patients and survivors. She holds the position of Vice Chairperson on the board of Brest Friends a charity organization in the UAE. Linda is a public speaker, a competitive dancer, loves adventurous sports, travel and activities that allow her to live life fiercely and fearlessly.



Living Fierce, Fearless and Free

RISE is an initiative that focuses on delivering programs that encourage women to regain confidence in their own bodies post severe illness or scarring. These are a series of powerful programs delivered throughout the year, in various locations in the world, which – in particular in Africa, that combine physical movement and the setting and achieving of physical goals, together with transformational coaching exercises to facilitate the process where women become empowered, re-claim their self-confidence and regain control over how they choose to face their destinies, so that they may live fierce and fearless lives, free of self doubt.



Born and raised in Africa, *Tonya Mickle* is an experienced and passionate guide to people who wish to experience Africa to its fullest. From canoeing across Rift Valley lakes to intrepid overland journeys, Tonya has accumulated a lifetime of adventures in Africa. With years of experience in the travel industry, she has perfected the art of meticulous safari itineraries. She has a deep love of Africa, its people and wildlife. From her home base in Victoria Falls she divides her time between her family, operating and guiding her company JOLT Africa, and active involvement in anti-poaching. Tonya's passion is accompanying her guests every step of the way, assisting, guiding and inspiring them to make the most of their own African odyssey.



JOLT is an Africa-focused company specialising in women only adventure travel. Our skill is to give women travellers a chance to experience Africa in a way that is safe yet exciting and unforgettable. Our aim is to offer women an opportunity to enjoy the personal reward, building of confidence and satisfaction of experiencing something challenging and a bit outside their comfort zone. With no previous experience or special training needed, anyone can enjoy our trips- all you need is an open mind and adventurous spirit. You will be in the company of other fun loving and adventurous women also looking to experience a journey of a lifetime in Africa.

Join Tonya and Linda on a once in a lifetime experience in the African Wilderness, that will stretch your boundaries, excite you and leave you feeling empowered and fearless.