

# CADET Q&A:

## Helen Skelton



Helen is an established TV Presenter, Radio Host and Author. One of Helen's longest standing presenting roles: Blue Peter saw her take on some incredible challenges, which include completing the Namibia Ultra Marathon (becoming the second woman to ever do so), kayaking over 2018 miles down the Amazon River (breaking two Guinness World Records). Since her Blue Peter days she has become a staple on the BBC, ITV and Channel 5 and worked across numerous Olympics and the World Swimming Championships coverage.

Helen will be coached and mentored by PGA Professional **Steph Davies at Grooves Golf, Rudding Park, Harrogate.**

### **Q. What do you love about this challenge?**

I love a challenge and I've made a career out of trying impossible and 'out there' activities such as walking to the South Pole. Life is busy though and we all have responsibilities, I have never played golf before, but I think learning to play is a challenge I can fit in around a busy family and working life. I think it's important to keep challenging yourself, it not only boosts your confidence but it's also great for your mindset.

### **Q. The other cadets see you as very competitive and put you as the favorite to win this. What are your thoughts on this?**

There's this pre-conceived idea that everyone thinks I'm super competitive and crazy sporty. People assume that I am good at sport but I'm not good – I just give it a good try. I am quite competitive with myself and if I agree to do something, I'm going to give it my all and don't want to lose. However, I don't have a burning desire to be better than the other girls, I just want to make sure I'm good.

### **Q. What advice would you give to anyone who is thinking about stepping out of their comfort zone and taking up a totally new challenge?**

Don't take yourself too seriously give it a whirl as you only get out of life what you put in, so enjoy it!

### **Q. What is the best piece of advice you have ever been given when approaching something new and who gave it to you?**

My approach is you laugh or cry. When you put yourself out of your comfort zone you are going to make mistakes, it's part of the journey, so you can either laugh about it or cry about it, and for me it's much more fun laughing. My parents always gave me the best advice.

### **Q. Dream four ball?**

These three girls - Fleur, Natalie and Bela.