



When I went to listen to the speech of Natalia Cohen I realised how important us women and girls are. I gained confidence and learnt a lot about resilience. If she can cross the Pacific with only 8 oars and 4 women then I can do anything!!

Joy – Belvedere Junior School

I found Natalia really helpful for me. The girls on that boat were so determined that they would achieve their goals. I learnt that girls have great power, great strength and can have a great bond of friendship.

Tolu – Belvedere Junior School

I found Natalia really inspirational. Now I feel unstoppable, like I can do anything!

Keira – Belvedere Junior School

Natalia Cohen showed me that you can get whatever you set your mind to. She was determined and she never ever gave up – which must have been hard! She taught me that if I work hard I can be very successful.

Amritha - Belvedere Junior School

Dear Natalia,

Thank you for letting me listen to your talk. I loved hearing all the facts about ocean life, especially the sharks. You were so brave and it made me feel a lot more brave about the ocean. I want to get a chance to swim far out in the ocean now, even though I was always scared to before.

You are incredible. You have really inspired me to work hard so I can achieve all my goals. I love running and want to get better at it as well as improving my diving and gymnastics. Hearing about what you all did has made me determined to work hard and be the best I can.

I have told my little sister all about it and she now agrees that anything is possible for us.

Love from **Annie Watson**

(Y6 - Red Hill Primary School)