“What is life if it isn’t an adventure?”

Karen Darke holds a PhD in Geography and an honorary degree from the University of Aberdeen. It was while studying that her life changed forever when she fell from a cliff in a climbing accident, leaving her paralysed from the chest down.

Karen’s inner determination means that she continues to pursue extreme outdoor sports and has undertaken a number of incredibly challenging expeditions across the world, motivating others by overcoming extraordinary challenges along the way. Karen believes that to have the most impact in life we should challenge our constraints, adopt a positive mind-set and support each other to be the best we can be.

As an athlete with the British Cycling Team and Silver Medallist in the 2012 Paralympics, with her sights now set on the 2016 Paralympics, Karen finds much of her inspiration through sport and outdoor adventure. She has also used these experiences in her career which involves developing organisational leadership development and coaching programmes.