

Through all of this, I didn't let them determine who the person I was going to be today.



THE POWER OF RESILIENCY PROGRAM

Presented by Rshan Legard Speaks LLC

PROGRAM OVERVIEW

Rshan delves into the emotional impact of being unable to read and write, discussing how it affected his self-esteem and led to behavior issues that caused him to fall behind his peers academically. He further shares the profound impact of hurtful words that he encountered, particularly when he graduated at the bottom of his high school class. Instead of succumbing to these setbacks, Rshan transformed these experiences into motivation, using them as fuel to set empowering goals and navigate life's obstacles.



LEARNING OBJECTIVES:

- Increased understanding of the power of resilience in overcoming challenges and adversity.
- Inspiration to transform negative experiences into sources of motivation and personal growth through self-reflection.
- Empowerment to set empowering goals and navigate life's obstacles.
- Promotion of self-acceptance and redefining success based on individual values and growth.
- A sense of hope and possibility for attendees to create a brighter future.
- Identify how Words of Affirmation can be applied to our daily lives.



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