



Mental Survival...

It's Not A Race

Program Information

MENTAL SURVIVAL... IT'S NOT A RACE

Presentation: 1.5 hours

I never attend postsecondary it was something that hunted me for along time, but today I have put behind me to move on within my journey. Don't get me wrong it was not easy, why in many ways it was hard to find proper paying jobs within the industry. Honestly, I never really stepped up to the plate in my younger days, boy I could remember those days of mental struggle while trying to find my identify in my life. know how you feel about yourself how you can achieve anything in life

What you place within your mind builds your character, strength and most importantly BELIVEING in yourself always!

Mental Survival ... It's Not a Race will teach you:

1. Loving yourself ALWAYS.
2. Associating with inspiring and loving people who you can learn from.
3. Reading INSPIRING books.
4. Pressures to be top of the class.
5. Understanding failure is not the end game to all challenges.
6. Developing always good thoughts
7. Learning the importance that life is not a race, it's a journey to be enjoyed.

Objectives:

My goal within this presentation is to inspire each person and awakening the importance on appreciating who they are while recognizing their undiscovered gifts they OWN!

Understanding life is not a race, if it be academics, personal or becoming an entrepreneur knowing mental survival is an very importance piece while walking your journey.

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