TAKING BACK THE PEN

How Students Can Reclaim Their Mental Health Narrative & Move Towards Wholeness

When a story has been affected by suicidal ideation, self-harm, abuse, anxiety, addiction, depression, bullying, or image matters—it can be difficult to find a way to make it through the next day, much less find a path to your future. But, what if one woman's story—along with thousands of voices she encountered which might be like yours—provide keys to the purpose and plan you deserve?

Through vulnerable discussions paired with actionable guidance, Cassandra Smith empowers audiences to be able to walk out of the room knowing:

- Educational insight into the issue you face, why learning about it matters, and what to do next
- 4 "finds" which have the power to keep you going
- 5 ways to unpack the issue and shift towards a new narrative

Guide Students Towards Wholeness

This fast-paced, 60-minute keynote is perfect for teens and young adult audiences who struggle with a crisis. Answering the question, "What do I do?" is challenging inside of mental health obstacles. The goal, is to remove some of the hurdles in the way—launching young people into the second half of their story, thus forming a new narrative marked by wholeness.

Meet Cassandra Smith

- 15 year Youth Worker Vet
- Trauma Certified Specialist
- Author; Speaker; Founder - Change Your Narrative

Check out this Keynote's overview:
https://www.youtube.com/watch?v=kHYbbYFWCW4

To learn more, visit changeyournarrative.org/booking