

Program Description

Mental Health/Leadership/Resiliency/Motivation/Inspiration/Empowerment

How To Move Forward When You Feel Like Your Life Is Over

In this powerful and heartfelt presentation, Jeff Davis shares the mindset and strategies needed to successfully move past darkness, doubt, fear and, worry so students can get out of the difficulty and rut they may be experiencing, as well as better deal with setbacks to come in the future. Taken from Jeff's experiences hitting rock bottom in High School (*truly* rock bottom) after getting severely abused, he learned the hard way that there is always a possibility, a solution, and a way out, especially when that solution is not immediately apparent. But your students do **not** have to learn this the hard way because Jeff will enlighten them. Once your students learn these strategies, they will more easily deal with life's inevitable challenges. Key areas covered include:

- Finding peace within when everything inside you is screaming with anxiety and doubt
- Learning how to value your own opinion over other's opinions while remaining respectful and friendly
- Tips and strategies to use when &!%* hits the fan and it feels like there is no way out
- Ways to activate higher levels of personal power, discipline, conviction, and persistence
- Methods to move past anxiety and depression and into a life of possibility

Jeff knows that each student has at their core incredible reserves of untapped personal power. This is a speech in which he conveys incredible levels of passion, purpose, hope, and potential confidence to his audience members, helping them handle anything life may throw their way. This is one of the most authentic, powerful, and valuable programs you will ever experience.

Value to Participants: Members will walk away with relevant strategies designed to help them move past the roadblocks, doubts, and frustrations they are experiencing in their lives. They will more easily deal with bullying and will understand how to move through very challenging moments. They will know how to redirect their energies by creating positive habits and implementing helpful techniques. With less stress and more happiness, students will take steps forward while handling setbacks in the right way.

Value to Your School: Gun violence prevention, reduced bullying, and fewer suicides. Better grades and more engagement. Additionally, students will be empowered to move beyond doubt, better deal with difficult challenges, and achieve more. They will leave this program feeling uplifted, inspired, and ready to face anything life may throw their way.

Biography: Jeff Davis, Professional Speaker, Award-Winning Author, Mental Health Advocate & Expert – is Chairman and CEO of Jeff Davis International, based in Tampa Bay, Florida. Jeff graduated from McDaniel College with high honors. He went on to receive his Master's degree from Johns Hopkins University and has worked for companies across multiple continents. Jeff's talks are transformational, motivational, inspiring, and filled with relevant content – he uses his experiences and other people's experiences of overcoming severe abuse, coupled with insightful research, to show that nearly anyone can heal. Jeff frequently appears on the world's top podcasts. He's also a TEDx speaker and Forbes contributor. He looks forward to working with you and your group.