



Offered in  
English  
or in  
French!

# SCHOOL PRESENTATION

*Building Strength from the Inside Out*



## WHAT IT'S ABOUT

We all carry an invisible backpack filled with lessons, experiences, and emotions. Sometimes, that backpack feels heavy. But with the right mindset and strategies, we can grow stronger and lighten the load!

- Learn how to manage stress, insecurities, and social pressures.
- Discover the tools to strengthen your resilience and self-confidence.
- Leave with practical strategies to navigate challenges at school and beyond.

## KEY TAKEAWAYS



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