



# ON YOUR PAPER, PLEASE WRITE DOWN:

- Name/Where you're from
- Something you're good at (not related to school)
- Something you are not good at (not related to school)
- The most important person in your life besides yourself

**RESILIENCE**

# RESILIENCE

*The ability to recover from hard times.*



Accurate.

# AMANDA'S SUPER COOL LIFE YO



# AMANDA'S SUPER COOL LIFE YO





# AMANDA'S SUPER COOL LIFE YO





# AMANDA'S SUPER COOL LIFE YO



AMANDA'S  
COOL FACE



AMANDA IN COOL  
PLACE



AMANDA WITH A COOL  
GIRL



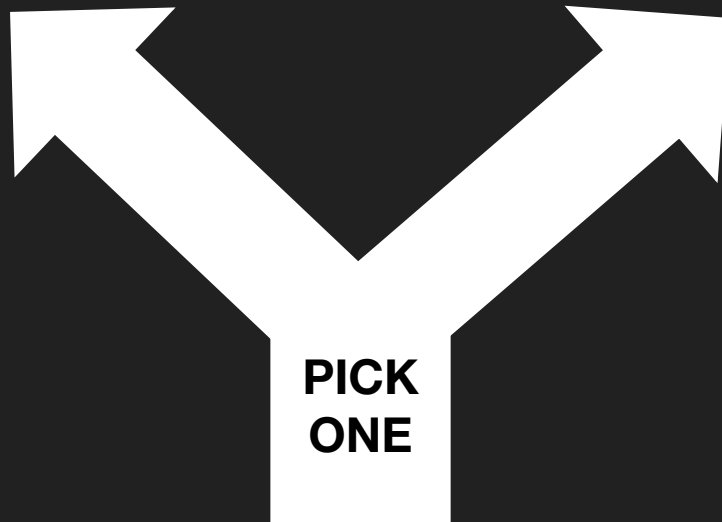
AMANDA IN A  
COOL WORLD

**SPEAK**

(and risk rejection)

**STAY SILENT**

(and stay here)



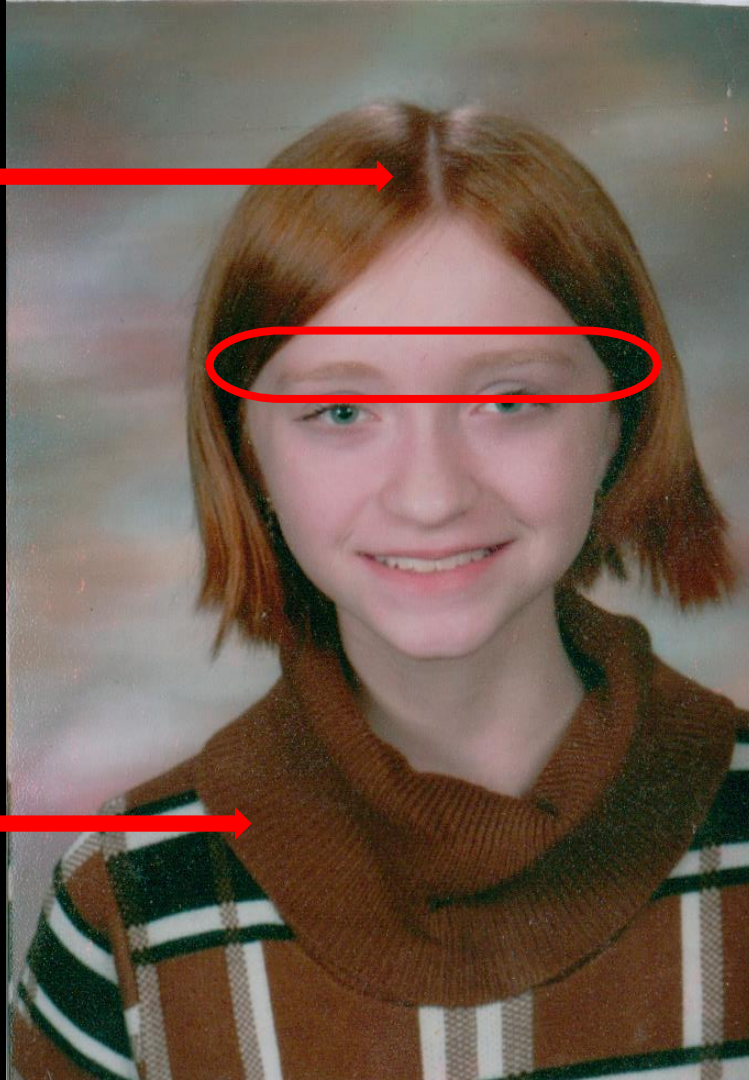
**PICK  
ONE**

# MY STORY

A. SPRINGOB



Super cute  
center part



Invisi-brows

YUM



+ Joe = :) <3



**+** Joe **=** **:/**





**— Joe == (undefined)**



Overnight  
celebrity/  
Speaker  
extraordinaire



Miss Perfect





Miss Perfect





Kind  
Smart  
Valued  
Valid

The only person  
I live for



*Perfection*

*(Overrated)*



*Vulnerability*

*(Embrace discomfort)*

*Speak up*

*(Be honest.)*



*Shy, insecure, awkward*



*Shy, insecure, awkward*

*Independent, happy, strong*

Life



Unpredictable  
Weird  
Uncomfortable  
Totally aggravating

# Life



~~Unpredictable~~  
~~Weird~~  
~~Uncomfortable~~  
~~Totally aggravating~~

*Beautiful.*

# RESILIENCE

*The ability to recover from hard times.*



# RESILIENCE

What does it really mean?

*To rise against adversity  
Don't sweat the small things  
Get through the big things  
Grow from mistakes*

# RESILIENCE

Why is it important?

# RESILIENCE

Why is it important?

***SO WE DON'T DIE.***

# RESILIENCE

*It makes the world go round.*

# AMANDA SPRINGOB

(Not a psychologist)

# AMANDA SPRINGOB

(Not a psychologist)

(Not a parent)

(Not a doctor)

(Not anything super great)

(Still figuring things out)

**FEARLESS**  
**HONEST**  
**EMPOWERED**



**FEARLESS**

# FEARLESS

*Adj.; To lack fear.*



*“Fearlessness is not the absence of fear. It’s feeling the fear and doing it anyway.”*

- Taylor Swift

*Vulnerability*

*(Embrace discomfort)*

# FEARLESS

*Decide to try.*

*Roll with it.*

*Keep pushing.*

# HONESTY

(Keeping it real.)

# HONESTY

*Being in tune with ourselves.*

*Asking for help.*

*Holding ourselves accountable.*

*“Happiness is only real when shared.”*  
- *Chris McCandless*



# EMPOWERMENT

(Making it count.)

1) Thing you're not good at = an opportunity to change

- 1) Thing you're not good at = an opportunity to change
- 2) Most important person = Your gatekeeper

1) Thing you're not good at = an opportunity to change

2) Most important person = Your gatekeeper

3) Thing you're good at = how you empower the world

Let's be resilient together.

# FOLLOW ME @:

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(I would love to speak at your school!)