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I'm All Stressed Out!

I'M ALL STRESSED OUT! is perfect for the student with too much on their shoulders. As a former student leader who put in over 6000 extracurricular hours, I know how easy it is to take on too many activities, so this speech deals with **STRESS MANAGEMENT** and finding creative ways to handle the inevitable problems of life.



- Tried, tested and true methods that students take from the speech and implement in their own lives
- Perfect program for Grade 9 or First Year Orientation
- Fantastic pre-exam boost and preventative stress talk
- Well-suited for a school grieving with an unfortunate incident
- Ideal for Student Leadership conferences



Inquire today about bringing this program into your school, camp, conference or any other event by accessing my online booking form on my website:

www.motivateyourself.net

