



Breaking Down Courage to Build It Up In Yourselfes

High school and college-aged students are invited to join us for this *free* leadership workshop with youth & young adult speaker

Candace Doby

Saturday, May 18 from 1:00 to 4:00 p.m.
High Meadows School Community Center

The key to building up courage is having and utilizing the right tools. In this entertaining and interactive workshop, **Candace Doby** shares tools of courage—confidence, competence and cause—to help young adults understand how the tools can assist them in managing fear and preparing for courageous action. Attendees will

- Connect how courage promotes positive youth development.
- Understand the importance of developing three key components of courage: confidence, competence and cause.
- Discover how to develop those components in themselves.



Candace Doby is an empowerment speaker who has been examining the definition, elements and obstacles of courage for a decade to understand what pushes people forward and holds them back. As a speaker, Candace has combined personal storytelling with research-driven takeaways to inspire thousands of students across the southeast to act courageously. She was a top speaker for Monster's Making It Count Program and has spoken to over 8,000 students across the southeast in conferences, assemblies and workshops.

“The path to fearlessness often goes through courage. Being courageous means choosing to face fear or a threat for a worthy purpose. The presence of fear, not the absence of it, is part of the courage equation. Fear is awake, alert and active, which means any attempt to lull fear to sleep is pointless. The goal, then, is to put fear in its place and make it behave.”

VISIT www.highmeadowscenter.org to RSVP for this free event today!