

Five Unique Ideas

Five Strategies for Success

Five Principles for
Living



**People are Looking
for Answers!**

They want to know how life works, how they can become successful, and how they can fulfill their dreams. There are no magic pills but there are ways to build self-esteem, confidence, and success.

Each of these five concepts are presented in a unique way so that students understand how they can put them into practice for themselves.

Five Ideas—five ways to change your life. Only you know what your students need to hear. Pick the principles that fit your population and let me create a program your students will never forget.


This is not just another
cheer rally.

This is the real thing.

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425-327-5633



Judy
Gregerson
presents



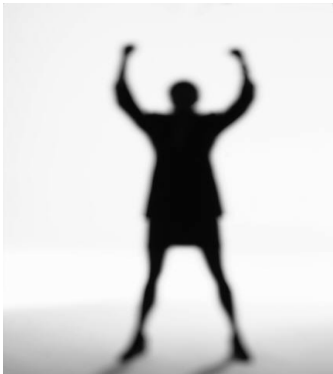
YOU ARE
THE HERO
OF
YOUR
JOURNEY

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Five things every student must know:

- There are four emotions you can't take to lunch.
- Adversity isn't here to kill you.
- Character is a destination, not a pit stop.
- Only you can diminish your value.
- You become what you think.



This is one story you have to hear!

About Judy



Judy Gregerson is the author of two well-received books, *SAVE ME! A YOUNG WOMAN'S JOURNEY THROUGH SCHIZOPHRENIA TO HEALTH*, Doubleday and *BAD GIRLS CLUB*, Blooming Tree Press.

She's been named in **Who's Who in America** and been interviewed by **Woman's Day**, **School Library Journal**, **Public Libraries**, **Relate Magazine**, **Teen Scene Magazine** and the **American Chronicle**. She is the host of the Internet Radio Show, *The Real Connection*, on BlogTalkRadio.com.

Judy was a child model who was in **Life**, **People**, and **Smithsonian** magazine. At 19, after getting involved in drugs, she was told that her life was over and that she had incurable mental illness.

At 21, Judy found healing and learned how to become the hero of her own journey and went on to have several successful careers. She speaks to schools, colleges, professional associations, and businesses.

TESTIMONIES

"Judy's talk was dynamic and inspiring." **Verla Kay, Regional Advisor SCBWI**

"Judy's talk was honest, passionate and inspiring." **Goldie Satt-Arrow, Student Services Specialist, Empire State College, Syracuse NY**

"Judy Gregerson is the *real* thing." **Amie Coffin, Student, Empire State College, SUNY**

"Please keep Judy, and people like her, coming back..." **Student**

"The most meaningful and most useful presentation I've attended..." **Student**

"Have her speak more often. She's relevant!" **Student, Empire State College**

Our students were impressed by the discussion and we will have Judy back soon." **Barbara Stolzenburg, Jackson High School, Mill Creek, WA**

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Call or email for prices!

Your students won't want to miss this presentation!