

# I'M CHANGING IT

How We Can Reclaim Our Mental Health  
Narrative & Move Towards Wholeness



Suicidal ideation, self-harm, abuse, anxiety, addiction, depression, and image matters are rampant in our world. If you struggle—you are not alone. But what if you only knew the first half of your story? Learning how to say, "I'm changing it" is not easy. The ugly, awful messy middle of the story has numerous challenges to overcome. What if there were a path to navigate the way through and find the restoration you deserve?

**Through vulnerable discussions paired with actionable guidance, Cassandra Smith empowers audiences to be able to walk out of the room knowing:**

- The power of inspiration, education, and connection – and how to act on all three, today.
- 5 keys to move a story towards restoration
- 4 "finds" which have the power to change your narrative



## **Making The Shift Towards Wholeness**

This fast-paced, 45-60-minute keynote is perfect for audiences who struggle with a crisis issue. Together, we will explore what it means to have the courage to look at your story, take back the pen from untrustworthy authors, discover authentic identity, and mark a path of restoration. No matter if your story includes past crisis or present challenges—you are welcome at our table. We believe connection offers you the ability to take action—and walk into the second half of your story.

### **Meet Cassandra Smith**

- 15 year's mentoring experience
- Trauma Certified Specialist
- Author; Speaker; Founder - Change Your Narrative

### **Check out this Keynote's overview:**

<https://youtu.be/9siCQ7haOII>

