



**PAUL DOUGHTY**

## Unmasking: Revealing your True Self



Paul Doughty's journey exemplifies resilience and transformation. Despite facing significant challenges in his early life, Paul refused to let his circumstances define him. With the support of a compassionate mentor, the healing power of therapy, and the strength gained from various pursuits, Paul transformed his narrative from one of struggle to one of success.

Today, he is dedicated to educating others on the importance of taking action, empowering teenagers to embrace their journey of self-discovery and resilience. By sharing his personal story nationwide, Paul inspires students and various groups to Take Action, paving the way for a brighter future for all.

### LEARNING OUTCOMES:

- ✓ Recognizing & Accepting the Challenges and Adversities you Face
- ✓ Embracing Self Discovery
- ✓ Identifying the Power of Taking Action
- ✓ The Benefits of Role Models/Mentors in Building Healthy Connections
- ✓ Seeking Help is a Sign of Strength, not Weakness



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