

THE

# GET BACK UP GIRL

...with Amanda McRae



## FROM AMANDA'S KEYNOTE YOU WILL:

- understand what failure REALLY is
- learn to embrace failure
- give yourself permission to recover
- gain the confidence to Get Back Up!



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## In this keynote address...

Amanda will take you on a ride exploring the ups and downs of life. Having lived experience of failure in many areas such as business, relationships, finances et al, she has successfully bounced back from every setback.

Did you know the blessings in the lessons (aka 'Failures') are actually a key ingredient to success in any and all aspects of life? In fact, it's crucial!

Imagine trying to bake a cake and missing the key ingredient - the 'rising agent'? The cake turns out flat and very unappealing, you think "it's only good enough for the rubbish! What a flop! I'm such a terrible cook!". NOW, take that same situation, only this time, you're able to laugh at the result, you throw some icing on it and call it a slice!

You need to **GET BACK UP!**

In order to succeed, you must experience failures. These experiences are key to developing strong resilience and unbreakable determination.

Amanda understands the challenges we face with keeping a healthy mindset in tough times. This keynote will teach you the importance of allowing time to accept the sting before getting back up stronger than ever, with self-belief wearing your new experience as a badge of honour!

Are you ready to Get Back Up!?

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