

DENISE BARD

30 Second Moments

Helping Educators See The Hero They Never Knew They Were



ABOUT

Denise Bard – Speaker & Author

Denise Bard is a powerful storyteller and the author of *30 Second Moments* and *the Women Who Raised Me*.

Her message is rooted in her lived experience — growing up in the face of abuse yet finding resilience through what she calls “30-Second Moments.” These were small but profound connections with teachers, counselors, and a coach that went unnoticed by them, but gave Denise the courage to believe she was worthy and capable of rewriting her story.

Today, Denise brings her story back into schools, delivering inspiring keynotes that go beyond professional development. She helps teachers reconnect with their *why*, reignite their sense of purpose, and celebrate the heroes they already are. Her talks are designed to boost staff morale, strengthen connection, and remind educators that their work reaches far beyond academics.

Her story is both deeply personal and universally relatable. Schools that bring Denise in don't just get a keynote — they give their staff an unforgettable experience leaving educators encouraged, empowered, and equipped with renewed hope, energy, and connection — the very things that sustain morale and retention in challenging times.

LEARNING OUTCOMING

- **Boost Morale**

Educators will feel seen and recognized, leaving with renewed motivation, energy, and job satisfaction that directly benefits their students.

- **Strengthen Retention**

By celebrating and valuing teachers, schools create a culture where staff feel appreciated — a key driver in keeping great educators.

- **Deepen Connection**

Through Denise's personal story, educators will see the lasting impact of simple, unnoticed 30-second moments of connection and be reminded of the invisible ways they already change lives.

- **Celebrate Educators**

Above all, this keynote is a celebration of the teaching profession — helping every educator recognize the hero within themselves.

WHAT EDUCATORS ARE SAYING

"It is amazing the impact a teacher can have on a student. It is good to be reminded how valuable we are to students and how valuable our students are to us."

"It was much appreciated and teachers today need to hear this. Not that we teach to be appreciated or recognized....but knowing that the little things can make such a difference was very encouraging."

"It is so valuable to hear first person perspective in these talks. Really helps you to see people as whole, makes it so much more real than reading it or watching a pre made film. Any one of us could have been you, any kid in this school could be you right now. Made me really think. Thank you"



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Speaker and Author

"30-Second Moments and The Women Who Raised Me"

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