



DENISE BARD

30 SECOND MOMENTS:
HELPING TEACHERS SEE THE HERO
THAT THEY HAVE ALWAYS BEEN

INTRODUCTION

Denise is a speaker and author known for her book "30 Second Moments And The Women Who Raised Me."

Denise's journey highlights the incredible power of brief, meaningful moments of connection—what she calls "30-Second Moments." Growing up in the face of abuse, she found resilience through the small yet profound connections made by teachers, counselors, and a coach. In those simple moments that went unnoticed by them helped Denise feel that she was worthy. Those feelings have lasted long after the moment had passed, helping her change the course of her life to become the success story that she is today.

Through her story, Denise not only honors the educators who made a difference in her life but also emphasizes the impact teachers have beyond the classroom. Her message helps educators see the hero that they have always been to a student in their class.

“ WHAT PEOPLE SAY ”

"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"

LEARNING OUTCOMES

- Recognition and Appreciation: Teachers work tirelessly and celebrating them helps show our gratitude for their hard work and dedication.
- Retention and Recruitment: Recognizing and celebrating teachers can help with retention efforts by making them feel valued and appreciated.
- Boost Morale: Recognizing teachers boosts their morale and motivation, leading to increased job satisfaction and ultimately benefiting students as well.
- Meet a person who benefited from these simple 30 second moments of connection.
- Most importantly to celebrate our educators and help them see that there has always been a hero inside of them.