



DENISE BARD

**30 SECOND MOMENTS:
FINDING RESILIENCY IN THE MOMENT**

INTRODUCTION

Denise is a speaker and author known for her book "30 Second Moments And The Women Who Raised Me." that tells the story of the educators who helped to change the trajectory of her life and to become the success story she is today.

Through her own story Denise delivers a compelling message to students, highlighting the moments that reveal their resilience and the invaluable lessons that extend beyond the confines of textbooks. She openly shares her own challenges, including a time when frustration caused her to become the bully. Recognizing the parallels between her actions and the bullying she experienced at home, Denise redefined her narrative, emphasizing the power of self-empowerment found in the simple yet meaningful connections with her teachers. Her story reminds us of the freedom we have to shape our own lives, regardless of what others or circumstance may tell us. By embracing positivity in the face of adversity, Denise encourages students to recognize the supportive individuals around them—those whose presence and encouragement make them feel something they may have never felt before. She urges them to embrace these moments and allow those feelings to resonate long after they've passed. These seemingly small interactions have the potential to significantly influence their journey toward self-discovery and fulfillment.

“WHAT PEOPLE SAY”

“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” - middle school teacher

LEARNING OUTCOMES

- Being able to recognize those small, positive moments from those around them and allowing those moments to provide them with strength and comfort through the adversities of life.
- There is one thing that students can control - they can decide who they are going to be.
- Making the "bully" realize they are no different from the bullies at home and that they don't have to become them.
- Promoting student advocacy by encouraging them to use their voice.
- Inspiring student to write their own stories regardless of where their story began.