

## Speaking Presentations

**Resilience – the Phoenix in All of Us** - What would you do and who would you be if you were not afraid? I had to come to terms with this question before I could start on my own personal journey of finding resilience and starting over in life. The qualities of humility, passion, some bravery, total honesty, and a complete willingness never to give up were the essential ingredients I needed.

I believe every person is made of special stuff, that everyone can start over, that there can be a new chapter in every life. I believe Gracie Allen was correct when she wrote to her husband George Burns a long time ago, "do not put a period where God has only put a comma".

I want to live in a world of commas, not periods. I think you do as well. That is because we all face adversity and disappointment, but we all can find well - being and happiness once again. It may be different, but it is possible.

This is a presentation on my own personal experiences and the lessons I learned.

**Hiding in Plain Sight** – Depression is often invisible to others. They do not see how we really are. As a columnist for the New York Times recently said in reference to a rash of recent suicides, it is "the illness hidden with a smile".

Most people who suffer from depression are excellent at hiding their illness from others. There is too often a fear of what others will think of us, so we "hide in plain sight".

I talk about my own personal experiences with depression, my hundreds of sessions with my psychiatrist, the medications I took, and the stigma of it all. But I also talk about how I got well and defeated it, though its risk of coming back is ever present. Depression, while tough, can be beaten, through medication, therapy, a change in life style and habits and by not hiding in the shadows.

Everyone wants to live the life they were meant to live. This presentation is how I came back and learned to do that.