# EMBRACING FAILURE AND MENTAL WELLNESS

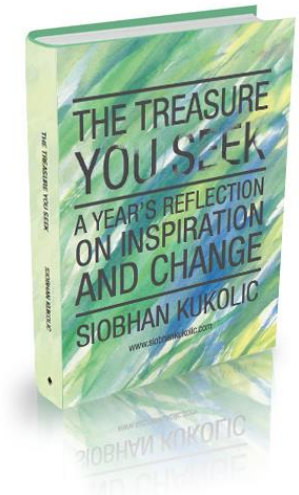
## WEDNESDAY, MARCH 27, 2019 AT 7 PM – OUR LADY OF PEACE CATHOLIC ELEMENTARY SCHOOL

### Featuring author and *Huffington Post* blogger Siobhan Kukolic

Discuss success, grit, resilience, growth mindset, being authentic, using your gift, embracing failure, rejecting anxiety, the story you tell yourself about yourself, and the road to mental wellness for our children and ourselves.

Siobhan made a goal of 100 rejections when she decided to publish a book because Dr. Seuss received 43 for his first story. This positive spin on "failure" made all the difference on her publishing journey.

**THIS PRESENTATION BROUGHT TO YOU BY THE PRO GRANT AND OLP CATHOLIC SCHOOL COUNCIL**




*The Treasure You Seek* is about following your heart, believing in yourself beyond reason, embracing failure and knowing that you are enough. It includes inspirational stories about famous failures, cultural icons, world leaders and regular folks like you and me. The goal is to remind us that we have all we need to be the change we wish to see. A perfect read for graduates from elementary school through university, people starting their career, changing jobs or retiring, friends going through a medical crisis, new parents, empty nesters and anyone who wants to be inspired.

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**Please RSVP by returning this slip by <u>Monday, March 25</u> to your child's school.**

**☐ Yes, I will attend the Siobhan Kukolic session on March 27 with**

**_____ other guests.**

**Please note that the intended audience for this session is parents/guardians. We are not able to provide child care during this session.**