

# EMBRACING FAILURE AND MENTAL WELLNESS



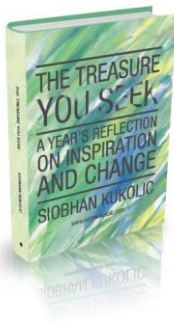
## Featuring author and *Huffington Post* blogger Siobhan Kukolic

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.

## October 13, 2018

HDSB's 11<sup>th</sup> Annual PIC Conference – Garth Webb Secondary School



*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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