

Passenger V Contender: Step into the driver's seat of your life



 **Duration:** 1 hour  **Delivery:** Face-to-face or Online

This transformative presentation explores what it means to shift from being a passenger in life—someone who passively observes events as they unfold—to becoming a contender: an active participant who takes charge and creates meaningful change.

Tailored for schools and workplaces, this engaging and informative session provides practical strategies to transform fear into motivation, build resilience to bounce back stronger from challenges, empower your mindset, and develop a vision that inspires you to aim higher and believe in new possibilities.

During this presentation and workshop, you will learn to:

1

Reframe fear

2

Build resilience

3

Manage self-talk

4

Develop a 'dream big' mindset'