

Talk Title:

Be brave, Be bold. Be courageous no matter your past or present.

Synopsis:

- Never Give up no matter how dark your situation.
- Forgiveness is the key to progress.
- Making a choice will illuminate being in limbo and directionless.
- Never allow self pity or the blaming game to consume you.
- Believe in yourself and never let the opinions of others confine you.
- Remember what you go through is not only for the benefit of self but to inspire and strengthen others to have hope and dream again.

Outcome:

In this powerful and deeply moving talk, Vanessa Goosen shares her journey of resilience, transformation, and hope. Drawing from her own lived experiences, she reminds audiences that no matter how dark or difficult life may seem, there is always a way forward.

Vanessa highlights the importance of forgiveness as a key to progress, showing how letting go of resentment can open the path to healing and growth. She emphasizes the power of making intentional choices to overcome feelings of limbo, self-pity, and blame all of which can hold people back from living with purpose.

Through her story, Vanessa challenges audiences to believe in themselves, rise above the limiting opinions of others, and embrace courage in the face of adversity. She reinforces the idea that our struggles are not only for our own growth, but also to inspire and strengthen others, giving them hope and the courage to dream again.

This session is both inspirational and practical, leaving audiences equipped with a renewed sense of faith, determination, and courage to navigate life's challenges with boldness.