

PRO International Regaining Power Through Utilizing Your Voice

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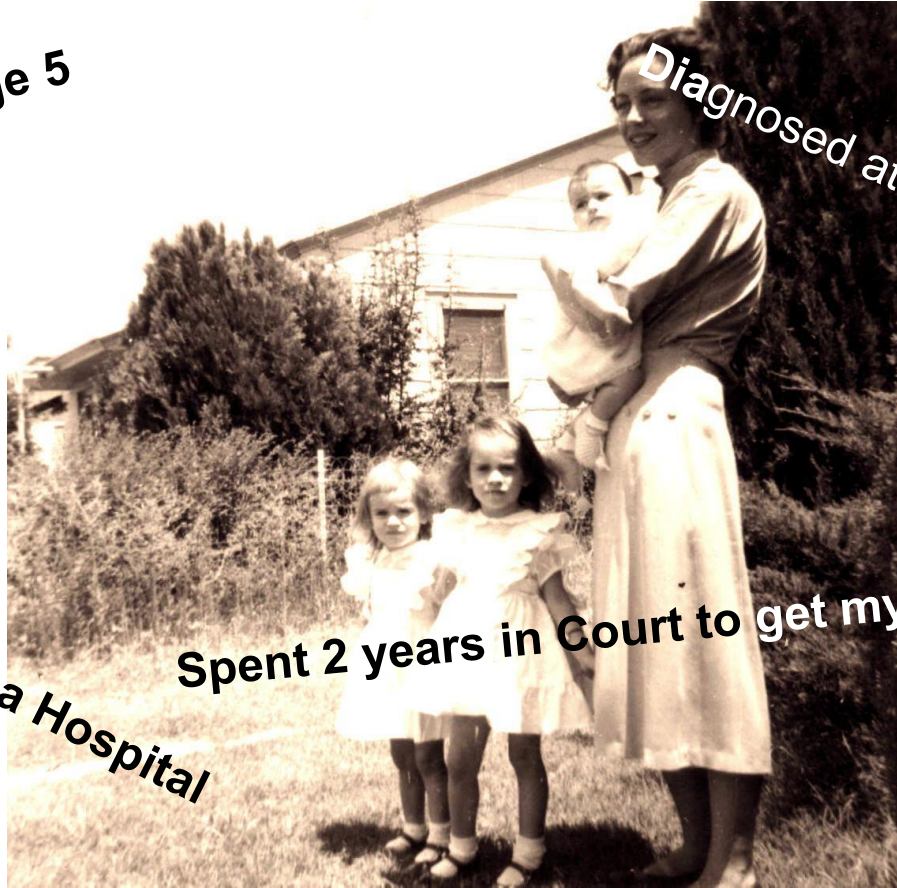
A bit about myself

Suicide plan by Age 5

Diagnosed at Age 29

Spent 2 years in a Hospital

Spent 2 years in Court to get my daughter back.



Lost 12 years of my life!

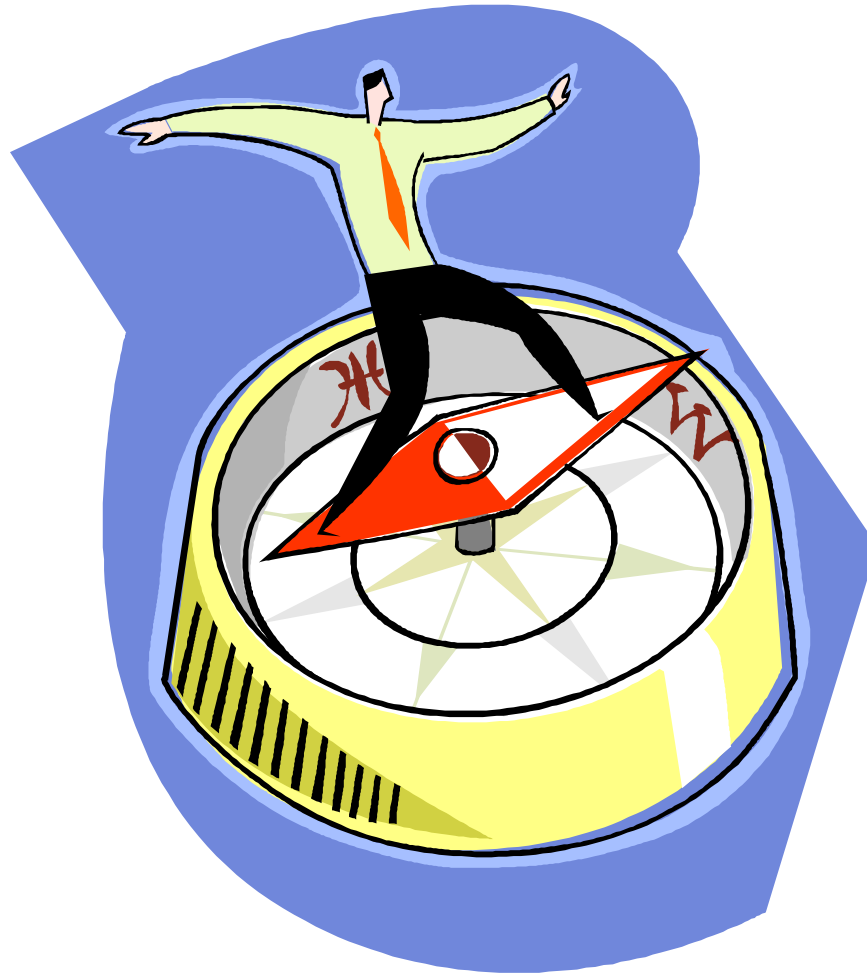
How to find your voice



Taking Back the Power in Your Life



Your Voice Creating A Change In The Way Life Occurs For You



Voice What You Want NOT What You Don't Want





Use your voice
in a way that
people can
hear what you
have to say

Learn to advocate for yourself and
others

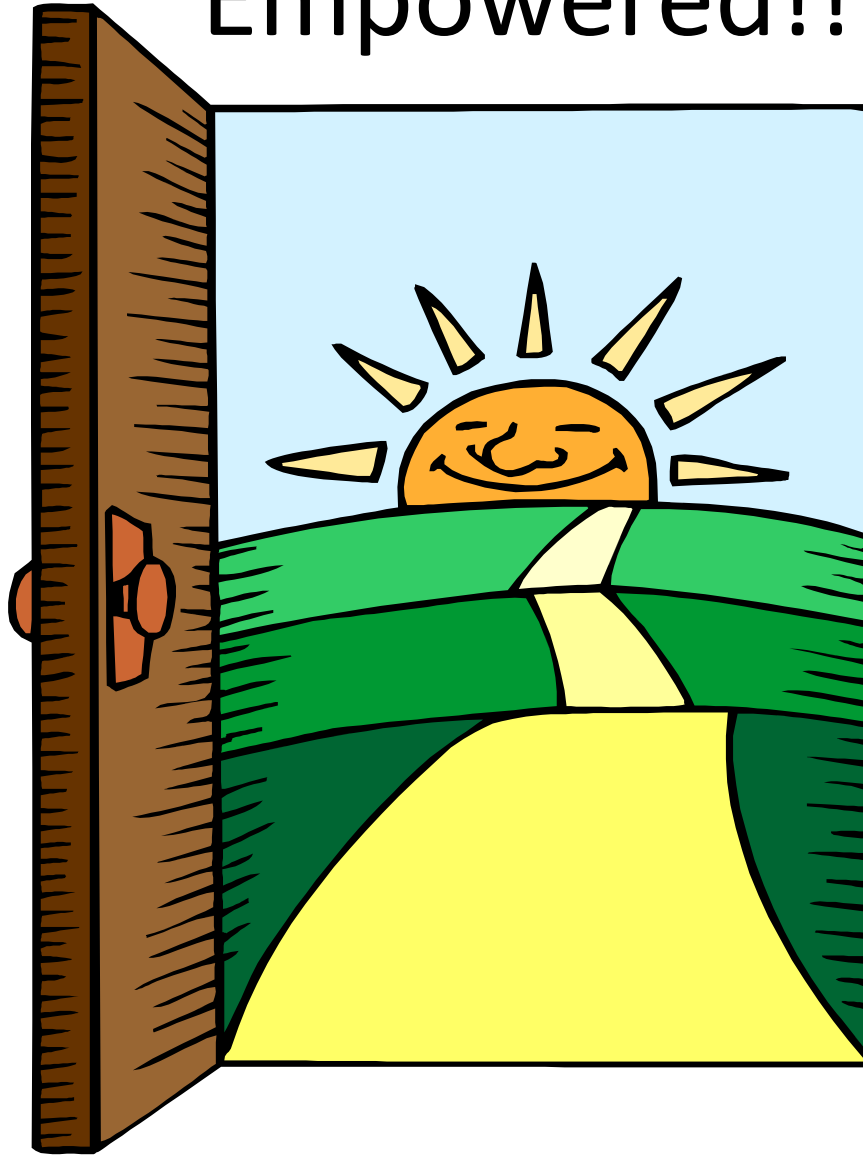
Advocacy starts by stating what
change must be made. It's
alarmingly simple: **Every person's
life is of equal value and every
person deserves to be treated
with respect and dignity.**

What is the philosophy behind using your voice?



- Taking responsibility for all of your life
- Moving toward wellness rather than moving away from illness (motivation to live being the key component, full of hopes and dreams.)
- Beginning to realize that by utilizing your voice, your life occurs as more fulfilling.

Live Your Life
Empowered!!



Positive
Reinforced
Outlook

PRO International

www.ThePROInternational.com