



PRESENTED BY LYNBROOK COUNCIL OF PTAS
PARENT UNIVERSITY



DISTRICTWIDE VIRTUAL PRESENTATION ON
STRATEGIES
TO OVERCOME ADVERSITY

MARCH 19, 2024 AT 7 PM

ALL ARE WELCOME! PARENTS, COACHES, TEACHERS & STUDENTS

RISING ABOVE ADVERSITY

Jeff's presentation highlights how adversity can shape our future, introducing the "Circle of Success"—**Focus, Unity, Confidence, and Why**. This framework empowers mentors to guide the youth in transforming challenges into growth opportunities, demonstrating that with the right approach, adversity becomes a foundation for resilience and achievement. This presentation is particularly valuable for student athletes.



TO JOIN ZOOM MEETING SCAN THE QR CODE
 OR CLICK ON THE LINK BELOW

[HTTPS://US02WEB.ZOOM.US/J/88105946174](https://us02web.zoom.us/j/88105946174)
 MEETING ID: 881 0594 6174

PLEASE RSVP AT [HTTPS://TINYURL.COM/3997SJBV](https://tinyurl.com/3997SJBV)



Jeff's Bio

Jeff Heggie is a seasoned Entrepreneur, Author and Success Coach driven by a profound commitment to helping individuals realize their most ambitious dreams. With a primary focus on empowering athletes to unlock their full potential, Jeff specializes in mastering the mental game to elevate performance levels and instill unwavering confidence.

QUESTIONS? PLEASE EMAIL: [ANDREIADAVIES@GMAIL.COM](mailto:andreiadavies@gmail.com)