



SPECIALIZING IN  
RESILIENCE.  
CONFIDENCE.  
EMOTIONAL WELL-BEING.

[WWW.SARAWESTBROOK.COM](http://WWW.SARAWESTBROOK.COM)



*'Sara Westbrook's performance is outstanding! Through her talents she is able to captivate the audience and deliver a lasting message that students will take with them throughout their lives. She builds a positive rapport with the students and this is evident in her ability to maintain their attention throughout her performances. She has had a lasting impact on our school.'* St. Josephine Bakhita CES Brampton ON

Dear Educator,

My name is Sara Westbrook. I am a Motivational Speaker/ Author /Singer specializing in Resilience, Confidence and Emotional Well-Being.

Using my personal stories and songs, I have shared my interactive presentations to over 400,000 students, parents and educators. I share skills and activities necessary to think and act beyond emotions so that character-based choices can be made.

Please visit me at [www.sarawestbrook.com](http://www.sarawestbrook.com) for more details on:

#### Student Presentations

- Healthy, Resilient Minds Matter (designed for grades 4 - 8 and grades 9 - 12)
- Superheroes for RESPECT (specifically created for JK - grade 3)

#### Parent Presentations

- 3 Habits of Resilient Families (adults only)
- Bounce Back Families

I look forward to the possibility of performing my UPower presentations for your students, staff and parents.

FOR MORE INFORMATION OR TO BOOK A PRESENTATION

EMAIL [LINDA@SARAWESTBROOK.COM](mailto:LINDA@SARAWESTBROOK.COM)

#### **AS SEEN/HEARD ON:**

