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**Subject:** Feeling discouraged?

Classes & Events

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## Are you ready to make a difference?

Join me for the Connect Conference on June 6 and get new, innovative tools to END sexual and domestic violence.

### Are you feeling discouraged?

Of course you are. There's so much out there to be discouraged by. Women are being murdered. Young girls are being kidnapped. Young boys are being hurt and hurting others. Batterers are getting out of jail after two hours, or not being arrested at all. Children are suffering. Every day, you talk to people who feel hopeless. Bad things are happening all around you. And you're exhausted.

I get it. I was once exhausted too.

And then I realized I had to change my perspective. I could no longer rely on the news or the court system to help me feel inspired. I had to find that power and motivation within myself. And as an advocate, I couldn't empower others until *I felt empowered*. So, how did I do it?

I started to celebrate **every success**.

The woman who decided on her own appointment time - the first decision she's made for herself after leaving a controlling partner. The child who laughed out loud in my office. The coworker who needed encouragement which I was able to provide. The man who told another man to stop harassing the woman on the street. The training participant who had a change of heart. The rape survivor who shared her story for the first time. The friend who was there when I

### Let's Talk

My passion is inspiring and empowering you to live your best life. Because you matter.

I would love to help you feel excited about your life, your work, and about changing the world.

### Events

**Victims' Rights Week Conference**  
**Ethical Services for Victims of Crime**  
May 12-14

**NAMI Meeting**  
**When is Enough Enough?**  
May 13

**Advanced SART**  
**A Team Approach to Sexual Assault Cases**  
May 29

**National Guard**  
**Sexual Assault Advocate Training**

needed her.

I had so many things to be grateful for, and so many successes to celebrate. And even on your darkest days, **so do you.**

There is so much that is out of our control. We can't control whether the people we work with will be safe, though we all want to. But, we can make sure they feel heard and respected when they are with us. *That is success.* We can't control what decisions someone makes (and we shouldn't try). But, we can help empower them to do what's right for them. And, most importantly, we can empower ourselves to make decisions that are *right for us.*

If you're feeling discouraged, start today by changing your perspective. Start celebrating all you have to be grateful for. Celebrate every success - big and small. Take time to care for yourself. You deserve to feel motivated, and inspired. Because **you matter.**

I'd love to talk with you today about changing your perspective, and celebrating a new definition of success. Are you ready?

June 3

**Connect Conference**  
**Working Together to**  
**END Sexual and Domestic**  
**Violence**

June 6

**University of Utah**  
**Rape & Incest: Implications for**  
**Addiction and Recovery**  
June 18

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