



Encouraging

Engaging

Empowering!

**Troy Payne's personal story of triumph over tragedy that inspires people to overcome life's struggles and live life to the fullest**

**"The Irrepressible Journey" – Resiliency**  
(Youth Presentation)

Troy explores youth wellness issues such as divorce, bullying, abuse issues and self esteem. This powerful program looks at the impact these factors have on personal wellness and how survivors of these elements can empower themselves to break these cycles and lead healthier, harmonious lives. Resiliency is the universal capacity which allows a person, group, or a community to prevent, minimize or overcome the damaging effects of adversity.

**"The Irrepressible Journey" - Resiliency**  
Community Presentation for Youth & Families  
Thursday, October 21, 2010 | 7:00 PM | Free Admission  
Grande Prairie Live Theatre | 10130-98 Avenue | Grande Prairie, AB  
Call 780.538.0380 for more information

**Additional Youth Presentations**  
Wednesday, October 20, 2010 | Beaverlodge Regional High School  
Thursday, October 21, 2010 | Sexsmith Secondary School

**"Building in Resiliency"**

Why can some children who endure overwhelming adversities grow up to be independent contributing members of society while other children who experience the same adversities struggle and continue to attract adversity, drama and pain into their lives? Why do some survivors of adversity go on to have healthy, loving relationships while others are never able to break free of the chains that hold them down and repeat the cycles of abuse and addictions? The answer....**Resiliency.**

**"Building in Resiliency"**  
Community Presentation for Youth & Families  
Wednesday, October 20, 2010 | 7:00 PM | Free Admission  
Wembley Recreation Centre | 9831-97 Street | Wembley, AB  
Call 780.766.2269 for more information

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**Learn more about Troy Payne's presentation by visiting**  
[www.wellnessrealization.net](http://www.wellnessrealization.net)