

Conference

NICOLAS BÉLANGER

THE ART OF STANDING BACK UP

2014



2016



THE ART OF STANDING BACK UP

The purpose of this conference is to inspire young people to be resilient when they experience hardships. Nicolas' touching testimony gives a fine example of hope and perseverance to people who are going through a difficult stage in their lives. After his car accident where he was a victim of a drunk driver, Nicolas addresses the mental health issues and the consequences with which he must now learn to live with. Nicolas offers an inspiring and motivating conference to individuals who aspire to surpass themselves after having experienced trials, challenges or injustices, no matter how serious it is.

Topics covered in the conference

- Who is Nicolas?
- His experience living one year in Alberta
- Difficult return to Quebec
- Victim of a head on collision

- Testimony and pictures of his accident
- The dangers of drunk driving
- Living with the consequences of the accident
- Mourning, efforts, resilience!
- We all go through hardships!
- Examples of perseverance
- Facing obstacles
- His goals
- Negative → Positive
- How he sees things now
- Sobriety
- Nicolas today

Nicolas Bélanger, Bachelier en administration et communication.
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References

« Very dynamic young man with a great life experience and I'm sure that young people in schools and colleges would love to hear his testimony. »

(Jasmin Bergeron, Professional public speaker)

« After hearing Nicolas's touching testimony when we talked on Skype, I wish him the best of luck in this wonderful project that will surely have a significant impact on his audience. »

(Martin Latulippe, Professional public speaker)

« Nicolas has a powerful testimony and there is a great need in schools across the country to hear his powerful message. With my expertise as a public speaker, it was my pleasure to give him several tips to help him in his early days as a speaker. In society, we need more people like him! »

(Louis-Philippe Thibault, Professional public speaker)

« Mr. Bélanger's presentation was able to move us deeply, raise our awareness, inform us about the dangers on the roads and gave us a very human face to this social issue. We do not hesitate to recommend this conference! »

(Véronique Lareau, Social worker, Rosemont College)

« The dynamism and sincerity of its presentation greatly captured the attention of our audience of young individuals. Wonderful exchanges were then able to take place between Nicolas and the youth. I refer you to his conference presentation services with the assurance that you will be satisfied. »

(Élisabeth Houde, Social worker, 2159)

Nicolas Bélanger, Bachelor in business and communications.

Public Speaker

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