

**It's Hard to Soar Like an Eagle When You're Surrounded by Turkeys:
How Personal Values Can Help You Rise Above the Crowd**

By Derrick Dufresne

This presentation will challenge participants to keep their eyes on the prize. The importance of laughter, optimism, and self-worth will be explored.

Specific attitudes, techniques, and actions to build a full life will be discussed. The importance of personal values and clear vision in a fragmented world will be shared.