



# PEP Talks

## *Beauty in the Brave*

It only takes one moment for an entire life to change. In a split second, the world we know can fall into a thousand pieces, and we are left in devastation wondering how we will ever pick up the pieces and find meaning in our lives once again.



In this presentation, Kathy Kelly shares a raw yet inspiring account of what it means to deal with shock, heal from grief and create a meaningful life from a meaningless and devastating situation. Many of us have dealt with a crisis, yet it is what we choose to do with that situation that defines our ability to heal, embrace hope and become a brave warrior willing to fight for justice.

Audiences will walk away from this presentation, with deep insights into the nature of personal crisis management and grief. They will develop tools to activate resilience that is authentic and honours the depth of grief, but also enables hope and healing.

Dealing with adversity is never easy. However, adversity also underpins one of mankind's greatest needs, and that is to find growth. This is the beauty in the brave.

*“One emerges from Kathy’s presentation with a realisation that we can all contribute to improving our culture and making a real difference. It also gives you a new appreciation for resilience, for family and the power of determination.”*

*Kristy Edser, Minter Ellison*

*Join the P&F as we invite  
Kathy Kelly to share her powerful story with us.*

**Book your tickets today**

<https://www.trybooking.com/book/event?eid=553468>

**Thursday 21 November, 7pm – Aquinas College Hall**