

# From Trauma to Triumph

How to overcome life's most difficult challenges  
with faith and resilience.



## Jason Holzer And Rhea Lalla

Hear world class content for parents, teens, coaches and athletes to help build leadership and life skills to thrive through modern day challenges.

*Jason grew up in Taos and graduated from St. Francis Xavier School. He has worked with schools, student athletes of all ages, parents, and coaches from across the nation teaching them mental fitness, leadership and life skills that enhance their sports experience as well as help them win in the game of life. His life mission is to create a world where anxiety, depression and suicide are irrelevant issues in our global society.*



Rhea is a Toronto based Conscious Parenting and Relationship Coach, speaker and author for parents who want to create better relationships with their children and raise incredibly confident, happy, fully expressed kids who are thriving emotionally.

- **How to develop a strong personal identity**
- **How to prepare for both success and happiness**
- **Why kindness is so powerful and the boomerang effect**
- **How to build courage**
- **A strategy to build strong and healthy relationships**
- **How to unlock the magic in life**
- **Bonus: A simple strategy in creating the life of your dreams)**
- **Q&A Session**
- **Book signing (20% off retail price and all the profit from sales goes to St Francis Xavier)**

St. Francis Xavier, Taos  
Sunday, April 2nd, 2023  
1pm in the School

**FREE  
EVENT**

Free Will Offering  
appreciated