

# STAND TALL 2022

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## SPEAKER 2: BELLA TAYLOR-SMITH



I believe the way we treat others and approach adversity are integral in life, no matter how challenging something may seem personally. There is always an opportunity to learn, grow and uplift the people around you. Kindness and forgiveness go a long way.

*Kindness* never grows old, take a bit of time every day to positively impact someone else!

I promise you'll end your day feeling uplifted and that you've made a *good* contribution to the world.