



**FIND YOUR VOICE - RECLAIM YOUR POWER**

# POP QUIZ!!!



# TRUE OR FALSE

1 in 3 MCA members have admitted to  
hiding their true feelings behind a fake smile.



# SMILE!

**DAVID SMITH**  
EXECUTIVE DIRECTOR





JUST BECAUSE SOMEONE LEAVES THE WORKPLACE PHYSICALLY  
HEALTHY DOESN'T MEAN THAT THEY AREN'T HURT OR INJURED.

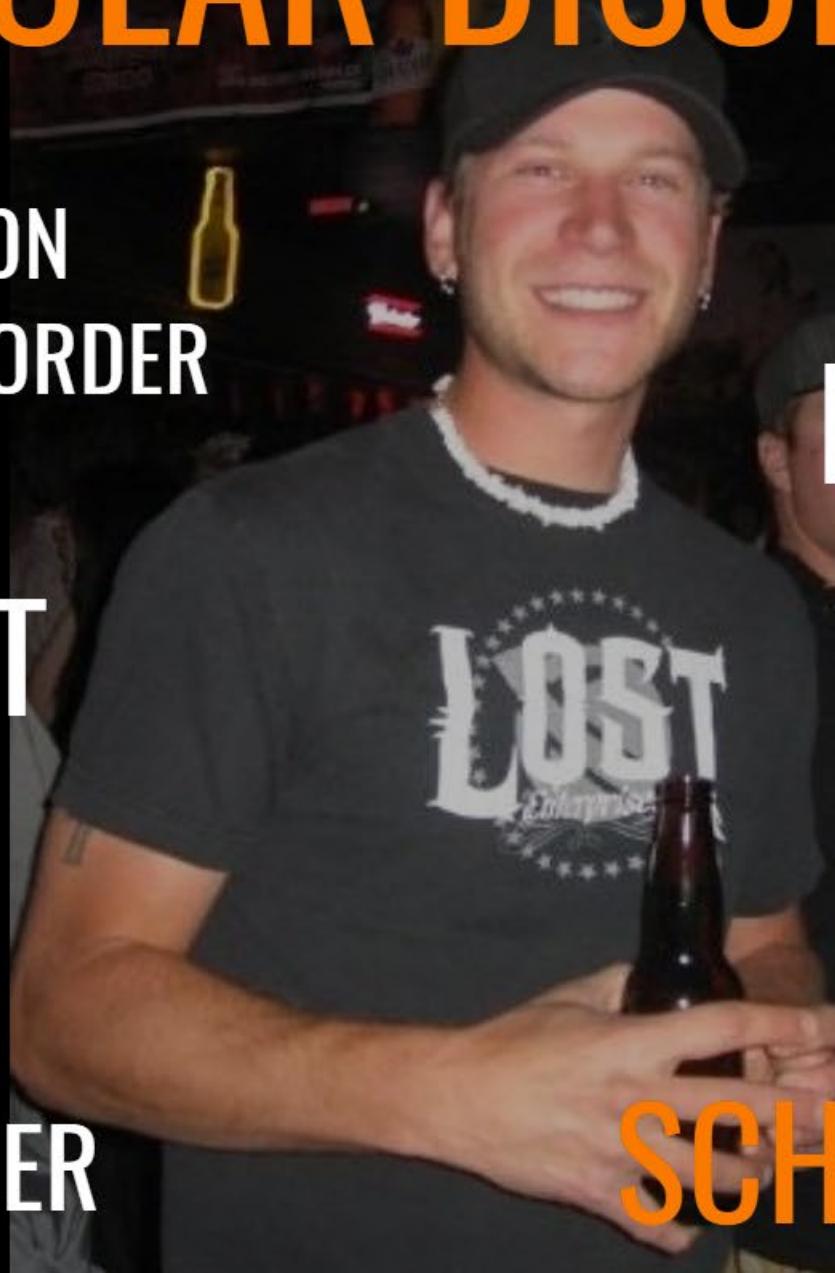


BODY DYSMORPHIC  
DISORDER

GENERALIZED  
ANXIETY DISORDER

ATTENTION  
DEFICIT DISORDER

ADDICT



SCHIZOPHRENIA

CLINICAL  
DEPRESSION

DISSOCIATIVE  
IDENTITY  
DISORDER

BIPOLAR DISORDER

OBSessive COMPULSIVE DISORDER





# THE #1 TIP FOR POSITIVE MENTAL HEALTH

AVOID SURROUNDING  
YOURSELF WITH  
**A##HOLES**

# TRUE OR FALSE

Men and women experience similar symptoms  
of mental health issues, but men react differently  
than women.



**FEMALES**

**MALES**

**FEMALES**

**MALES**

**SADNESS**

**FEMALES**

**MALES**

SADNESS

BLAME THEMSELVES

**FEMALES**

**MALES**

SADNESS

BLAME THEMSELVES

TURN TOWARDS FOOD

“

ALCOHOL IS THE ONLY DRUG THAT  
YOU HAVE TO JUSTIFY WHY YOU ARE  
NOT TAKING IT  
INSTEAD OF JUSTIFYING WHY YOU DO.



# TRUE OR FALSE

You respond the same way towards your  
emotional pain as your physical pain.



A man with short, light-colored hair is shown in profile, facing right. He has a wide-open mouth as if screaming or shouting. His hands are raised in front of him, palms facing up, as if gesturing or reaching for something. The background is solid black, making the man stand out. The lighting is dramatic, highlighting his face and hands.

EMOTIONS ARE  
ENERGY

# TRUE OR FALSE

You have a hard time reaching out for help.









“

OVER TIME I LEARNED HOW TO UNCLENCH  
MY FISTS AND REACH OUT FOR HELP WITH  
FINGERS FULLY EXTENDED.



“

OVER TIME I LEARNED HOW TO UNCLENCH  
MY FISTS AND REACH OUT FOR HELP WITH  
FINGERS FULLY EXTENDED.  
TO MY SURPRISE, I FOUND MORE HANDS  
REACHING BACK THEN I COULD EVER HAVE  
IMAGINED.

- ERIC HARDER, HR, CAMECO CORP.

# MENTAL HEALTH | IT'S TIME TO TALK



# TRUE OR FALSE

Suicide is not about death.  
but rather an escape.





THE TWO MOST IMPORTANT THINGS IN LIFE ARE  
LOVE AND FORGIVENESS







# TRUE OR FALSE

It's uncomfortable approaching someone who appears to be struggling with their mental health.





HOW DO YOU SUPPORT  
THE PEOPLE AROUND YOU?

I am here for you.

I am here for you.

Thanks. I am going through a  
tough time so it means a lot.

I am here for you.

Thanks. I am going through a tough time so it means a lot.

Sorry. I lost all my contacts.  
Who is this?

I am here for you.

Thanks. I am going through a tough time so it means a lot.

Sorry. I lost all my contacts. Who is this?

This is your Uber driver.

I am here to pick you up.



1

ACT ON YOUR INTUITION

1

ACT ON YOUR INTUITION

2

LISTEN - DON'T FIX

1 ACT ON YOUR INTUITION

2 LISTEN - DON'T FIX

3 VALIDATE THEIR COURAGE

1 ACT ON YOUR INTUITION

2 LISTEN - DON'T FIX

3 VALIDATE THEIR COURAGE

4 DIRECT THEM TOWARDS RESOURCES

1 ACT ON YOUR INTUITION

2 LISTEN - DON'T FIX

3 VALIDATE THEIR COURAGE

4 DIRECT THEM TOWARDS RESOURCES

5 CONTINUE TO CHECK IN

YOU CAN'T POSSIBLY  
UNDERSTAND WHAT I'VE  
GONE THROUGH!

HELP ME TO UNDERSTAND

# TRUE OR FALSE

You may never know the impact your words  
or actions have.



IAN MCNEIL



# TRUE OR FALSE

You were born resilient.



TRUE STORIES OF  
LIFE'S GREATEST CHALLENGES

*with foreword by Clint Malarchuk*

# BORN RESILIENT

*by Bestselling Author*

**Allan Kehler**  
B.Ed., B.PhEd.









A photograph of three women outdoors. The woman on the left is wearing a light blue hoodie with a black 'Born Resilient' logo and a black eagle graphic on the chest. The woman in the center is wearing a black t-shirt with the 'Born Resilient' logo, blue jeans, and a black belt. She has a small tattoo of a black eagle on her right bicep. The woman on the right is wearing a dark grey long-sleeved shirt with the 'Born Resilient' logo and dark blue jeans. They are standing on a dirt path with a body of water and trees in the background.

*Born Resilient*™

*Born Resilient*

# TRUE OR FALSE

Change is hard.



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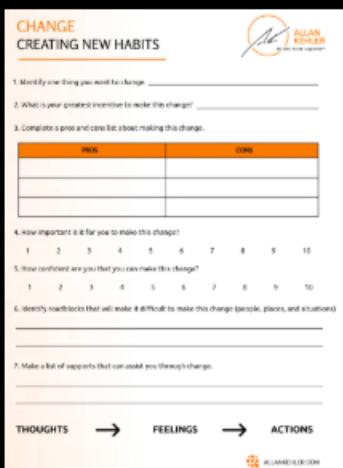
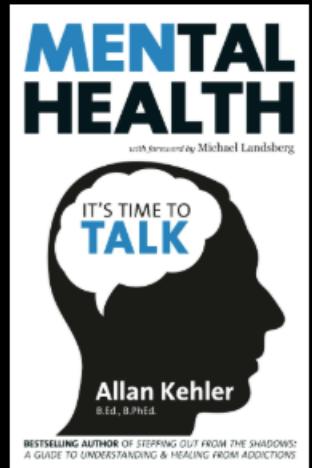








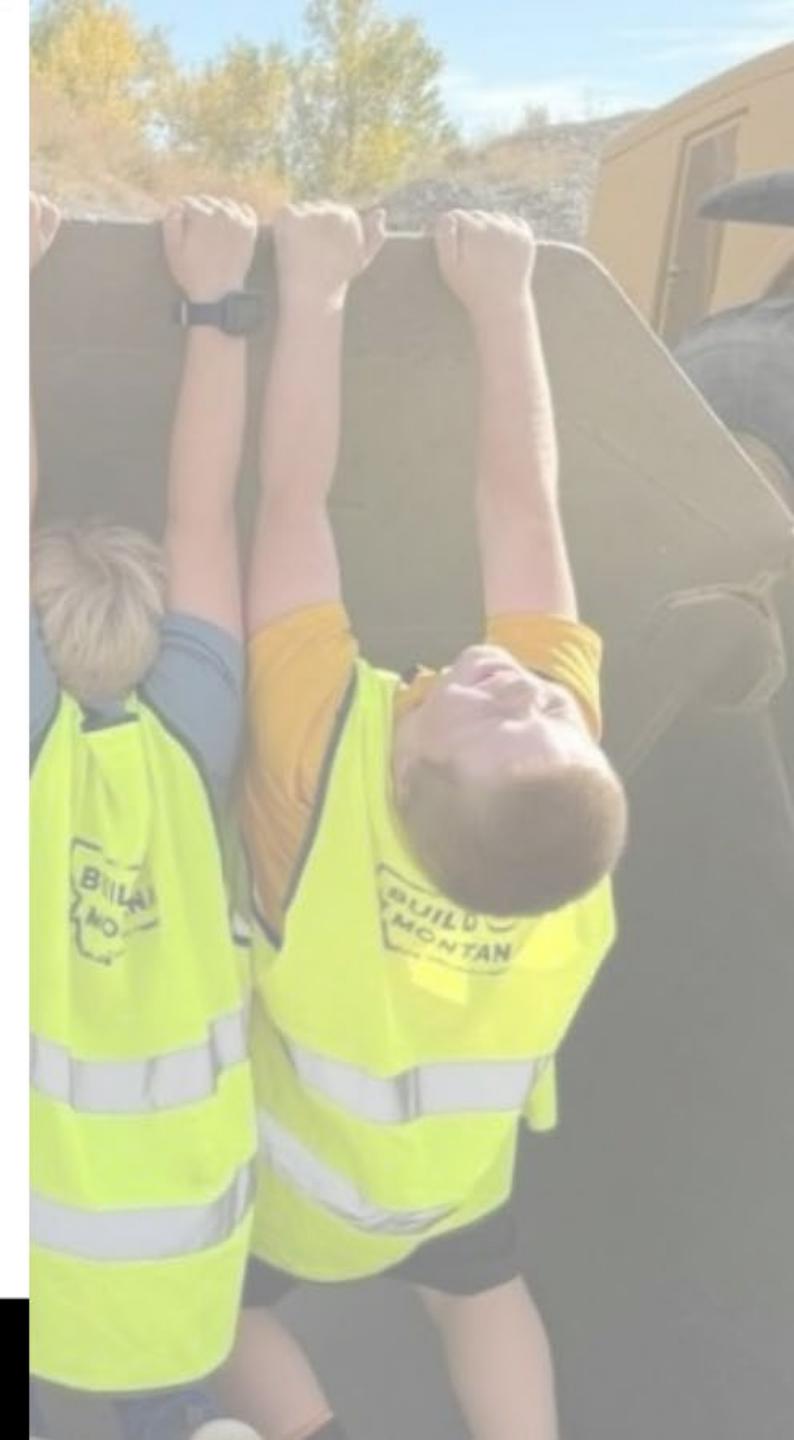
# BONUS





# 6 COMMITMENTS

## TO STOP EXISTING AND START LIVING FOR YOU!



1

### USE YOUR VOICE IN TIMES OF NEED

- Vulnerability equals strength
- Find your voice - reclaim your power

2

### SLOW DOWN AND RECONNECT

- Unplug from technology to recharge
- Create meaningful connections with yourself, others, and nature

3

### GIVE YOURSELF PERMISSION TO FEEL

- Neglecting emotional pain will manifest into physical pain
- Feeling leads to healing

4

### PROTECT YOUR ENERGY

- Establish boundaries to create your own peace
- Surround yourself with people who bring you up not down

5

### SMALL STEPS LEAD TO BIG CHANGES

- If you want something different, you have to do something different
- Your greatest risks can lead to your greatest rewards

6

### PRIORITIZE YOUR WELLNESS

- Make time for number one
- Taking care of yourself is part of taking care of others



ALLAN  
KEHLER

Be seen, heard, supported™



# TRUE OR FALSE

Contractors build more than structures -

They build strength when they stand together.



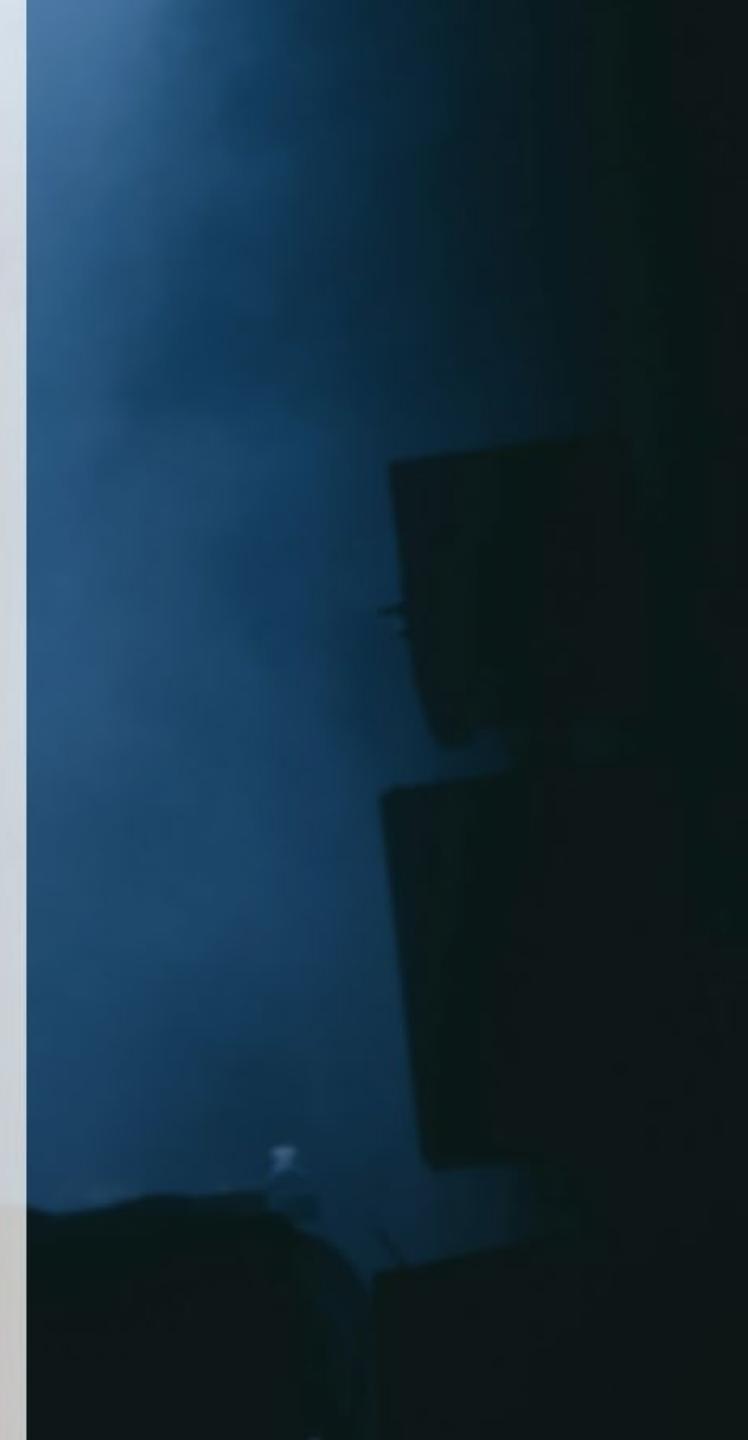
THE MONTANA CONTRACTORS ASSOCIATION IS THE PREMIER MEMBERSHIP ORGANIZATION REPRESENTING MONTANA'S CONSTRUCTION INDUSTRY & PROFESSIONALS WHILE IMPROVING THE QUALITY OF LIFE AND SAFETY IN OUR COMMUNITIES.





"MEN'S HEALING "

—MILE MCLEOD 2019



**TEDx**







[WWW.ALLANKEHLER.COM](http://WWW.ALLANKEHLER.COM)

# BONUS

