

Open reflection on Michael Long's presentation

What's funny is that the week Michael Long spoke was the week I really needed to hear an inspirational story. I left the room that night feeling there are no limits as to what I can do as long as I am motivated, have the will and heart to succeed and have support.

It's amazing what Michael has done with his life when the majority of the time he was told "he can't do this" or "he will never be able to do that". His speech reminded me how powerful words can be. Simple words can tear someone to pieces and as a future teacher and even in my everyday life now, I need to be a support to people's dreams, rather than a destroyer of them. For instance, a little girl at my after-school day care is in second grade and she's on the chubbier side. Her weight limits activities she does. Every day the other little girls are flipping on the bars and having tons of fun. She has it stuck in her mind that she can't so it because she's too big. So, we've been working on, step by step, sitting on the bars like the other little girls do. Hopefully one day she can do a flip and realize she can too.

Three words that Michael Long said that impacted me the most were, "people need support".