Cassia Gold’s The Gold Journey Presentation Outline

1. Creative Expression (Poem and/or Skit *optional* )
2. Who Am I? (Brief Bio and Overview)
3. From the Depths (Dark Days)
4. Alchemy (Acceptance)
5. Recipe (Treatment and Coping Skills)
6. Chrysalis (Advocacy and Allies)
7. Victory ( Poem (optional), Successes, Hopes and Dreams)
8. Q&A
9. Private Discussion