

There is no "perfect"



What would it mean to **embrace our imperfections?**

Shandy Longcore is an unlikely survivor of attempted suicide at the tender age of 10.

Her two loving parents had no idea the depth of the inner turmoil she felt competing with society's demands of beauty. In response, Shandy tried to take her life. Against all odds, she lived to tell her story. She now encourages audiences of all sizes to embrace their imperfections.

THE CHALLENGE

- More than 800K people die from suicide globally.
- Suicide is the 10th leading cause of death in the U.S.
- Among ages 10-24, suicide is the 2nd leading cause of death.
- For every person who completes suicide, an estimated 25 others attempt it.

INVITE SHANDY TO SHARE HER STORY WITH YOUR GROUP!

Shandy's speeches serve as a catalyst to talking openly about mental health. She brings a lifetime of experience building teams and destigmatizing hard topics. Get in touch about the possibilities!



"I could not endorse Shandy and her message of hope, life, and love more. Her story is nothing short of riveting. She not only mesmerizes her listeners - she also connects, educates, inspires, and relates." - Terry Starr, school superintendent

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Embracing Imperfections is a 501C3 non-profit.

