

# How to Rebuild Yourself After Life Breaks You

A **practical framework** to break out of feeling stuck, rebuild confidence, and take action after setbacks.

## Travis White

Mental Health Speaker | Resilience & Recovery



### Who I Speak To

- Schools & Student Assemblies
- Recovery & Support Communities
- Corporate Teams & Leadership
- Mental Health Organizations

### Signature Speech

#### Rebuilding Faith in Yourself After Life Knocks You Down

*Because most people don't need more motivation—they need a way to rebuild.*

- Break out of feeling stuck and overwhelmed
- Rebuild confidence after setbacks
- Use a simple framework (FAITH) to move forward with clarity

### About Travis

Travis White is a mental health speaker and host of the podcast. *Overcome*, where he has led 70+ conversations on resilience, recovery, and rebuilding after adversity.

### What I Teach: The FAITH Framework

- F – Foundation:** Rebuild from what's real
- A – Attitude:** Shift how you respond to adversity
- I – Integrity:** Keep promises to yourself
- T – Trust:** Learn to trust the process again
- H – Humility:** Stay open, grow forward

*A simple, repeatable framework audiences can apply immediately.*

**Your audience will leave with a clear, practical path forward after setbacks.**

- Practical steps to rebuild confidence
- Tools to overcome setbacks
- Renewed clarity and motivation

### Book Travis to Speak at Your Next Event

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