

## **"At Last! The Honest Truth About Bullying -- Revealed!"**

**160,000 kids skip school every day  
because they are afraid of bullies!**

Dear Friend,

If you'd like to,

- Reduce the national epidemic of bullying,
- Give a bullied child an opportunity to turn from hate to hope and
- Teach bullies to respect others

**Then this might be the most important letter you'll ever read.**

Here's why:

"Kids today are being victimized by bullies at school and too often at home. As a result they can turn to drugs and violence. Instead let's help them make something of their lives with self-discipline, encouragement, respect and love. Kids need to let go of the hate. I've been there; I've walked a mile in their shoes and I know their pain. What they need is to hear from someone they trust and someone who has been there to say –

**"We Can Stop The Bullying."**

That's my passion. Now, it's my mission.

It's time to point out the international epidemic of bullying and let everyone know "**Respect**" is the answer.

**Here is a summary of the benefits you receive.**

### **Action #1 - What Is Bully Behavior?**

There are basically three types of bully behavior. Many kids don't know what they are doing is considered bullying. I can educate your kids how boys and girls bully differently.

Understanding bullying empowers students with the greatest tool - Knowledge.

### **Action #2 -- Why Do People Bully?**

I can identify for students the top five reasons why people bully. Bullies and victims will receive an education and sensitization of anger and its warning signs.

### **Action #3 – How Do We Stop It?**

**Helping Everyone Respect Others is the way!**

Using real life stories and personal examples, bullies, bystanders and victims will understand there are alternatives to violence and solutions to hate. Respect and responsibility also affect the third person in the triad of bullying: the bystander. We must let them know they are involved. I want to empower the bystander, give them responsibility and teach them why we must stand up to the bully.

#### **I Give Hope Back To The Victims!**

The HERO program helps victims and bystanders take back the power that bullies have taken from them.

The bystander. Not mindless or helpless but justified and responsible to do the right thing for the right reason. Kids need empowerment from bullies.

For me it has to do with respect. The more confidence (self respect) a person has, the less a person has a need to fight.

(In my free private post-assembly roundtable (\$1,000 value), I will teach a select group of your students how to increase their assertiveness, reduce their level of victimization and create a positive attitude in forty-five minutes.)

#### **The Final Breakthrough**

This is the most unique finale you have ever seen in a presentation or assembly. Students, faculty and administrators will be entranced and energized in my high impact win-win wrapup.

By creating a peak state of empowerment, focusing on teamwork and spirit, the whole school will bond together to see the participants eliminate the obstacles and limitations that make bullying a problem.

This is a take action step that you will remember forever!

Now, I know you're probably skeptical. That's normal and healthy. Let me give you three good reasons I can back up what I claim:

**Reason one:** I have a story to tell. At 5'9" and 228 lbs. you might not think that GETTING bullied would ever have been my problem. But it was. I had been bullied for years.

When I was 16, I was plagued by a neighborhood bully nicknamed "Bub." No matter how hard I tried to avoid Bub's bullying, I knew he would track me down.

That day occurred in May of my 16th year and came in the form of constant confrontations with the neighborhood bully, and then ended with a beating. It happened fast. A verbal taunt turned physical and I got a beating that tore into me both emotionally and physically. I was a prisoner of fear for months after the trauma of that one event. During this time, I was afraid to leave the house and go to school and I still carry emotional scars.

**Then I made a decision and took action.**

Rather than be defeated by this humiliating event, rather than let circumstances beat me, I decided to fight back. I enrolled in a karate class to help overcome the fear of another bullying attack. I wanted to strike back but I found a secret weapon – Confidence.

**Reason two:** I tell my real story and speak from the heart.

I am determined to help others that have suffered like me. Having been a victim of a malicious and brutal assault gave me a unique perspective and a chance to make a difference.

I see kids having a hard time coping with the divorce of their parents, the pressure of their peers and the hopelessness that surrounds too many teens today. I see kids who had been bullied turning to crime, drugs and violence to gain some sense of power and control over their lives.

I know that kids relate to my story. If I could persuade even one young person to turn from hate to hope my job would be done.

**Reason three:** A Bachelors degree in Psychology, and Master's degree in School Counseling.

I have dedicated my career to studying bullying and to helping kids who have to live through the same kind of pain I endured. More than some canned inspirational message I communicate a message with impact that kids relate to.

I share with kids of all ages how they can go from victim to victory no matter the type of trauma they have suffered. My true passion is speaking to kids. Kids that need help. Kids that need hope.

**Now, you're probably wondering how and why I can do all those things.**

Let me explain.

I was fortunate to meet people who cared enough to help me see the greatness and potential inside of me. My mentors all worked on developing me from the inside, focusing on building my self-respect, confidence, a never quit spirit and a positive attitude.

The bullying has to stop and it has to be addressed in a way where students "**hear**" the message in an emotional, realistic and life-changing manner. The life-skills I teach focus on integrity, perseverance, tolerance, humility and self-control, the tenets I learned at the hands of martial arts Masters.

**FACT:            80% of all first graders have high self-esteem and 80% of third low self-esteem. It's not what happens in classes, it's what happens between classes.**

If you need help with these challenges please call me soon so we can discuss how I can make unique life changes in your students, school and organization. My presentations include " Anti bully strategies, respect, character, goal setting, overcoming failure, team building and motivational programs. These programs are customizable to your specific needs.

Programs can be delivered to any size and any age group.

Respectfully,

Mike Bogdanski

mike@mikebogdanski.com  
Life Skills Programs  
Toll free 1.877.208.6176

**Don't take my word for it. Listen to what others say.**

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**Testimonial:**

Within an hour of hearing your assembly I had a student come to me and ask for help with a bully that has been plaguing him for months. He heard your message of courage and hope. Within days of your visit other students have also come forward to ask for help with bullies. You have helped us get on track to rid our school of bullies.

Mr. Pat Mulhern, Assistant Principal, Tunkhannock Area M.S.  
Tunkhannock, PA.

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**Testimonial:**

Mike,

Your message to our students was informative and inspiring. Respect has been our mantra here at Michael E. Smith Middle School for the past three years. Your seminar really drove home what we have set forth as a goal for our students. It is not often that you see two hundred plus students be captivated by a speaker for more that forty minutes.

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**Testimonial:** “Thank you. I take this to heart and agree about the responsibility of schools to be pro-active. I guess in some respects, bullying is not an issue until it happens to you or your child and then it may be too late. More superintendents need to take this more seriously and again be proactive with their staff. Thanks again and stay in touch. By the way, things are much better here!!!”

-Terry MacNeil  
Principal, The Annex at Fitch School, Waltham, MA.

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**Testimonial:** “WOW! Your message was powerful and well received. Your pacing was masterful, transforming 250+ excited and cheering ninth graders to an audience so quiet and keenly listening that you could hear a pin drop.  
Overwhelmingly positive.”

- Joann Messina,  
Dean Of Curriculum and Instruction, Woodstock Academy

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**Testimonial:** Dear Mike:

” You managed to hold the attention of approximately 200 sixth graders, who were sitting on a hard gym floor, for an entire hour. That's an amazing feat! Your willingness to share personal anecdotes and experiences allowed students to connect with you and take your message to heart.

Your follow-up meeting with a smaller group of students was just great! You allowed them to express their own experiences with bullying in a very non-threatening way. You had an affirmation for each individual who shared; this made them feel important and valued. The techniques for promoting respect that you shared with this group were simple, easy to learn, and empowering.

The impact of your presentation will be felt for years to come.

Sincerely, Phyliss A. Caci Learning Center Teacher

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**Warning:** DO NOT buy any program unless it meets the following three criteria. There is a lot of confusion surrounding our field. I want to give you three criteria or elements you absolutely, positively must have in any solution you obtain:

**1:** Presentations that teach respect, personal responsibility, character and how to overcome humiliation and defeat through true-life inspirational life-skills stories.

**2:** The bullying has to stop and it has to be address in a way where students "**hear**" the message in an emotional touch your heart manner.

**3:** An acclaimed speaker on bullying and success oriented psychology. With a Bachelors degree in psychology and a Masters degree in school counseling, he is an authority on the development of human potential and personal life skills. A martial arts flavored program gives him the juice to get students' attention.

**You get at least 10 times your money's worth!**

## **H.E.R.O.'s!**

Call me right now toll free at 1.877.208.6176 for a Free 10 Minute Consultation or down load my free report "The 18 Warning signs of school violence"

If you need help with these challenges please call me soon so we can discuss how I can make unique life changes in your student, school and organization.

These programs are customizable to your specific needs. Programs can be delivered to any size and any age group.

Respectfully,

*Mike Bogdanski*

mike@mikebogdanski.com

Life Skills Programs

Call me Toll free 1.877.208.6176

Act immediately and receive the following free bonuses.  
Since I know it's 100% to your benefit to act right away, I want to sweeten the opportunity and give you every possible reason to say YES today!

**If you respond immediately, you'll also receive the following:**

**Free Bonus 1:**

Post assembly Roundtable- During this 40-minute roundtable, using empathy and active listening techniques I teach the kids how to open up to their challenges. I will teach your students verbalization skills and how to show confidence by changing their physiology and avoid being targeted.

**Free Bonus 2:**

Surgeon General report on school violence

**Free Bonus 3:**

Teen Violence Warning Signs: The National School Safety Center says that while there's no sure way to know if a person is potentially dangerous, this list provides a good starting point

**Free Bonus 4:**

Six Mistakes To Avoid When Choosing A Speaker

**Free Bonus 5:**

"Raising Funds To Sponsor a Speaker Presentation In Your School.

