NOV 4

TEDxHiltonHead: The P_wer Of

When: 2-5 p.m., Nov. 4
Where: Arts Center of Coastal Carolina
Details: This year's TEDxHiltonHead theme is "The P_wer Of " and will feature speakers who have used the power of their passions and personal journeys to create real change in their communities and the world. The lineup of speakers, entertainers and established leaders will share their stories and "Ideas Worth Spreading" to highlight not only the impact they have made in the world but the impact that their ideas can have on the lives of others throughout the community. *artshhi.com*

PANEL OF SPEAKERS:

Charlie Clark: *The Power of Media to Shape Who We Are*
Jeff Ford: *The Power of the Triangle of Change*
Tonya M. Matthews, Ph.D: *The Power of Radical Empathy*
Mary Kay Messier: *The Power of Equity in Sport*
Jenna Spencer: *The Power of Delegation*
Rachel Stratton: *The Power of Finding the "Now" in a World That Has a Playback Button*
Ross Szabo: *The Power of Language for Mental Health*
Lester Young, Jr.: *The Power of Redemption*
Jeff Weiss: *The Power of Active Agers*

SPEAKER SPOTLIGHT:

Ross Szabo

Ross Szabo, a renowned mental health advocate, began sharing his personal battle with bipolar disorder at just 17, dedicating more than half his life to making mental health discussions accessible. With over two million listeners to date, he's played a pivotal role in launching the youth mental health movement in the United States and is currently reshaping mental health education. ***As one of the nation's most sought-after mental health speakers, he's bringing his inspirational narrative to Hilton Head Island on Nov. 4 as part of the TEDxHiltonHead: The P_wer Of event at the Arts Center of Coastal Carolina.*** Szabo's groundbreaking mental health curriculum, used by over 250,000 individuals, aims to revolutionize mental health education in grades 6-12. Drawing from his personal journey, Szabo encourages others to share their stories and underscores the transformative potential of storytelling.