

It was a pleasure to work with Mike Donahue and R5 Productions this past April, 2010. Mike presented two half-day events for our Jr. High and High School students. He was easily able to hold the students' attention with his mix of humor, vulnerability and relevancy. The kids related to his stories, and he related life lessons to students in easy to understand ways. My son was at this event, and I have used some of Mike's examples as I help him navigate through Jr. High and make choices that "go against the flow". Other students connected with the video, using art to depict inner thoughts and feelings. Overall, the message was powerful and filled with hope.

Mike's book *Reinventing My Normal* is also a great resource. It is written in a clear and teen-friendly voice and is a wonderful addition to my counseling library. It is refreshing to have a presenter that relates well to kids without patronizing them and who really walks the talk. Thanks R5!

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