

The  
**A.R.T.**  
of Becoming  
*Resilient*

5 Keys to Overcoming Any Adversity  
or Setback



*Jamie R. Wright*

SPEAKER, ADVOCATE, ACTIVIST & COACH



# HI EVERYONE, **MY NAME IS JAMIE RAE WRIGHT**

Small-Town Girl from NE Oklahoma  
Got to Texas as Quick As Could!

Undergraduate, Masters, Certifications  
Nearly 20 yrs. Career, Auditor & Analyst  
2018, It Was ON Y'all!

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I was victimized. However, I am **absolutely not** a victim.



### **Aware**

– Domestic Violence Relationship



### **Accept**

– I had to make a decision



### **Accountable**

– I gave my power away, but I can ***TAKE IT BACK***



### **Absolutely**

– Refuse to give-up take action; I'm standing on the shoulders



### **Action**

– Enrolled in **TWU**, Women In Politics Program, Shape



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