

Good morning everyone,

Thank you so much for being here today. I understand that attending seminars can sometimes take a lot of your time and energy, so I deeply appreciate your commitment. It's important to acknowledge how each of you has chosen to be here, to learn, share, and grow together.

We're all here because we believe in the value of open dialogue and support. It's natural to face challenges and uncertainties, but remember you're not alone. Every one of us has stories, experiences, and insights that can help someone else. Please feel free to share and ask questions at any point. We're here to support each other.

I encourage you to take this opportunity not just to listen, but to connect. Connect with the ideas, with the experiences shared, and with each other. We're building a community of empathy, and each one of you is a crucial part of that.

Thank you again for your presence and participation. Let's make this seminar a meaningful and supportive experience for all.