

Sure, here's a simple example:

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Hello everyone,

Thank you for giving me the opportunity to speak today about overcoming depression through embracing vulnerability. My journey has been challenging, but opening up has truly made a difference in my life.

For a long time, I struggled silently. I put on a brave face, thinking I could handle everything on my own. But inside, I felt isolated and overwhelmed. It was only when I allowed myself to be vulnerable and share my struggles with friends and family that things began to change.

By expressing my feelings and admitting that I needed help, I was able to connect more deeply with others and find the support I needed. I learned that vulnerability is not a sign of weakness, but a source of strength.

It allowed me to build genuine relationships and find the courage to seek professional help.

Today, I stand before you as someone who continues to embrace vulnerability. It's a constant journey, but one that brings healing and hope. I encourage anyone who is struggling to reach out and share their story. You are not alone, and by opening up, you can find the strength to overcome.

Thank you for listening.

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