



Jack Kavanagh's Story

Jack Kavanagh spoke publicly from his wheelchair at a TEDx event in Dublin about his accident and the struggle he had to believe in himself.

Jack was a top surfer and outdoors enthusiast until one day at the age of 20, he miscalculated the depth of a wave and broke his neck when he dived in. James ended up

paralysed from the neck down but through continual training and determination he now has limited use of his upper body. He has since become a public speaker and graduated as a pharmacist.

Jack openly shares about his struggle to remain hopeful and overcoming the fears most of us have of being our true, authentic selves, of people seeing who we really are. You can watch his adventures in the U.S. with his friends and listen to him talking about his daily struggles to keep going in spite of the huge challenges his condition imposes on him:

<https://jack-kavanagh.com/documentary/>

<https://www.youtube.com/watch?v=qVTyXiz2XIE>

<https://www.youtube.com/watch?v=gMvMW6YNXxl>

Which of the Temperance Strengths which do you observe in James' behaviour?

- Self-Control
- Humility
- Caution
- Forgiveness

One of the Temperance Strengths James uses is

when he

another is

when he

to add more, please turn the page and continue