



MY FILM WAS MY MEDICINE | EPISODE #17

Dr. Daphne Valerius

Producer, Journalist, Educator

ADVICE FOR YOUNG LEADERS

1. Your voice is valid in whatever sphere you go.
2. You can push through whatever challenges life may bring.
3. Not only does your voice matter...it can make a difference.

DR. VALERIUS' RECOMMENDED BOOKS

- All About Love - Bell Hooks
- Bluest Eye - Toni Morrison
- The Bible

DR. VALERIUS' WORDS OF WISDOM

- Your research informs policy and policy impacts people...understand your work is important for us to move forward.
- "Weeping may endure for a night but joy is coming in the morning."
- "When God is with you he will open up doors and there will be no sorrow."
- Keep pushing...you will have so much more to smile about on the other side of the struggle.

YOUR NOTES

What were your key takeaways from the conversation?

[illegible]

ACTION STEPS

What things can **YOU START TODAY** to move closer towards your goals?

[illegible]