



Paula Abdul and Dr. Bill Dorfman Inspire Students with Powerful Message on Self-Esteem and Perseverance

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By Maddie Beal

DI participants, Team Managers and parents gathered in Thompson-Boling Arena Friday afternoon to hear international superstar, Paula Abdul, and founder of the LEAP Foundation, **Dr. Bill Dorfman**. The two teamed together to host the Win Against All Odds Skills Workshop, where they shared personal stories, tips and strategies for students so they may achieve success in their careers and in life.

Dorfman began the workshop discussing how he gained his success and the motivators that helped him achieve this success. He gave personal examples explaining how with hard work and dedication, one can stretch their success to different fields. Dorfman began his career as a dentist, but now has appeared on numerous television shows and is even awaiting the airing of his own new talk show.

Dorfman attributes his success to jumping on opportunities and “copying genius.” He believes one should always “go big” and refuse to accept anything but their best effort. These are traits Dorfman and Abdul both believe are essential for success and personal growth.

Abdul graced the stage with her presence and enlightened the audience with her highest highs and lowest lows of life, discussing how she was a fighter from the very first days of her life. Abdul gave personal testaments about how her fighting spirit allowed her to achieve success of not conforming to the mold. She is a big believer that having faith in oneself allows one to align themselves with their true passion.

Both Dorfman and Abdul agree that surrounding yourself with others that lift you up is essential. The LEAP Foundation organizes a week-long event for high school and college age students that focuses on the importance that should be placed on the company you keep. This workshop gives these students the skills and tools to achieve success in an educational environment.

As the workshop came to a close, Dorfman and Abdul reiterated that individual empowerment is the first step of success. Dorfman gave the audience the challenge to wake up every morning, look in the mirror, and tell themselves, “You are a ten.” Abdul told the audience to “choose happiness.” The two also agreed that once one feels successful, giving back to others should be the next step so everyone may feel empowered.

The LEAP Foundation and Destination Imagination, Inc. have partnered to provide DI participants with a \$500 scholarship toward attending the LEAP program. To take advantage of this offer or to learn more about the LEAP Foundation, visit <http://leapfoundation.com/DI/>.

<http://www.globalfinals.org/paula-abdul-and-dr-bill-dorfman-inspire-students-with-powerful-message-on-self-esteem-and-perseverance/>