

# SPARK SESSION: SETTING GOALS FOR TEENZ!



## ADVICE

REACH FOR THE STARS & DREAM BIG!  
BE KIND TO YOURSELF, FAILURE HAPPENS  
REVEL IN SUCCESSSES & WINS

**Collaborators:**  
Bukola Aladesulu, @Teenovation1  
  
Dr Shakira Choonara,  
Independent Public Health Practitioner