

# Driven to Inspire

For more than 25 years, Cara has been a highly sought-after, internationally-respected inspirational and educational speaker who has impacted the lives of over two million students worldwide.

Cara draws on the immense personal tragedy of watching her identical twin sister die in a car crash the day after their 18th birthday. Her inspiring presentations focus on building resilience, dealing with peer pressure, becoming a role model, being You-nique and avoiding negative risks such as drugs and alcohol.



Cara Filler

Through humor and touching stories, Cara captivates her audience and leads them on an emotional roller coaster ride. She'll have you laughing one minute, crying the next and never forgetting a little dance that just might save your life. For more information, visit Cara's website at [carafiller.com](http://carafiller.com).

Cara is available from November 14 - 17, 2023.

**Recommended Audience: Grades 10 to 12**

Requirements: Projector and screen, cordless mic with fresh batteries, well-lit stage, platform or room – if in gymnasium, please use full lighting.

## Schedule a presentation

To schedule a presentation, please contact MPI at 204-985-8737 or [RoadSafety@mpi.mb.ca](mailto:RoadSafety@mpi.mb.ca).

## Friends for Life lesson plan

Once you have booked a Friends for Life presentation, you will receive a Friends for Life lesson plan. The plan will help prepare students for the presentation by starting a discussion in class on the topics.

It is also a useful resource in debriefing them after the presentation and engaging them in discussions regarding safe driving behaviour. By exploring related themes to impaired driving, distracted driving, speeding, high-risk behaviour, and decision-making, students will be empowered to better identify and connect to the messages and increase their retention of what they've learned.

## Host a presentation and be entered in a draw for \$1000 towards your 2024 SAFE GRAD™ event!

When you host a Friends for Life presentation you will be automatically entered in a draw for \$1,000 to be used towards a school's 2024 SAFE GRAD™ graduation event. Winner to be notified Dec. 8, 2023.

\*No purchase required. Draw begins on November 14, 2023 at 12:01 AM CST and ends on November 24, 2023 at 11:59 PM CST. There is 1 (ONE) SAFE GRAD™ Participation Reward available to be won valued at \$1000 (ONE THOUSAND DOLLARS). Skill-testing question required. Open to Schools located in the Province of Manitoba only. Odds of winning depend on number of eligible entries received before the Draw closes. Limit one (1) entry per School. Full rules and entry details available at: <https://www.mpi.mb.ca/Pages/friends-for-life-contest.aspx>

## About Friends for Life

Young Manitoba drivers (age 16 - 19) are consistently over-represented in collisions related to distracted driving, impaired driving and speed. Friends for Life is an initiative of Manitoba Public Insurance, in partnership with the Manitoba School Boards Association and Teens Against Destructive Decisions (TADD). The Friends for Life speaker series uses eye-opening, real-life impactful stories to educate high school students about the consequences of unsafe driving behaviours.

### Unsafe driving stats:

- Over the past five years (2018-2022) in Manitoba, distracted driving was a contributing factor in approximately 38 per cent of collisions where fatalities or serious injury occurred.
- Impaired driving is a contributing factor in 25 per cent of fatal collisions and approximately 31 per cent of people killed in collisions.
- Speed directly impacts control of a vehicle and the severity of injuries. It was also a contributing factor in almost 20 per cent of all fatal collisions annually.

Source: MPI, Manitoba Collision Data base 2012-2023.



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