

21ST ANNUAL FRANKLIN COUNTY WELLNESS CONFERENCE



Setback or Setup: How to Turn Obstacles into Opportunities

Life is full of unexpected challenges, but whether they hold us back or propel us forward depends on one key factor: mindset. In this inspiring and transformative keynote, Coach Jose Johnson explores how our perception shapes our reality and how we can shift from seeing setbacks as barriers to recognizing them as opportunities for growth.

Drawing from cutting-edge neuroscience, timeless wisdom, and real-world examples, this talk will empower attendees to:

- Understand the role of mindset in overcoming adversity.
- Reframe obstacles as stepping stones to success.
- Develop practical strategies to build resilience and maintain a forward-focused perspective.

Through engaging stories and actionable insights, this keynote will leave you inspired, motivated, and equipped to face life's challenges with renewed confidence and clarity.

Whether you're navigating personal struggles or professional hurdles, "Setback or Setup" will show you how to transform life's toughest moments into powerful turning points.



Jose Johnson

LAIRD HALL

WILSON COLLEGE

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Chambersburg, PA 17201

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Friday
14 March, 2025



Starts:
08:30 am

