

Nova Browning Rutherford

Campus Presentations

Mental Health

Statistics show that 90% of students feel overwhelmed by the pressure of academics, finances, health and relationships. Without proper coping tools, the life of a young person can be sent into a tailspin of depression, anxiety, substance abuse or end in suicide. We start by shifting the focus from 'what they do' to 'why they do it', encouraging personal accountability. Next, discuss the potential of a health culture on campus, where young people can connect over shared experiences, release shame and isolation, resources. Nova has been that depressed student and candidly shares her process of getting out and going on with life.

Sexual Assault Awareness

Almost a quarter of all rape on campus happens in the first two weeks of school. How is the rest of the year for that student? Nova puts a focus on life as a survivor as she knows you aren't defined by what happens to you but by what you do next. Speaking from experience, she shares the importance of a support system, self-care, creating a space of peace at home and learning how to receive love & sexual attention again. Learn to stand tall in your new life as a survivor.

Ladies Night on Campus

Ladies Night's on campus create an opportunity for women to see each other, instead of watch one another. When they realize they are more alike than different, cliques fizzle, comparisons stop, experiences validated and the hugs and tears come organically. By reflecting on lessons learned with vulnerability and humour, audiences connect on topics of Self-Care, Toxic Relationships, Girlfriend Drama and Trauma Survival. Nova speaks with the love and frankness of a big sister, and as a survivor, she creates a space that is safe to reveal and heal.

Diversity & Identity

Everyone feels like an outsider when they don't know who they are. When you think you are an 'other' you might overcompensate to be liked or compromise your values for acceptance. But to what end? As a mixed-race person, knows the 'invisible' feeling that outsiders adopt. With encouragement, icebreakers and methods to seek common denominators, young people can discover that the skin they are in is perfect for them!