



**BERGEN CATHOLIC
HIGH SCHOOL**
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FOR IMMEDIATE RELEASE

Mike Donahue Speaks to Bergen Catholic Community



*Guest speaker Mike Donahue came to Bergen Catholic to speak to students, faculty, staff and parents on the topics of bullying, respect, and positive school culture.
(Photo courtesy of BC Communications)*

ORADELL, NJ, January 17, 2024 – The Bergen Catholic community was honored to be joined by acclaimed motivational speaker Mike Donahue on Wednesday, as he conducted assemblies with the entire BC student body, faculty & staff, and spoke at a separate assembly for BC parents as well.

Mike Donahue is the founder and director of *Value Up*, a Nebraska based motivational company that focuses on positive school culture. Mr. Donahue is known for his candid-style of motivational speaking, which has led to partnerships with thousands of schools across four different continents.

At Bergen Catholic, Mr. Donahue spoke to the Crusader community on the topics of bullying, respect, positive school culture, while the whole time relating to the new stresses endured by current students as part of Generation Z, in the current age of social media and online bullying. Mr. Donahue reinforced the messages of self-value and the value of others, while championing a positive school culture through positive life choices and acceptance of others in the school community.

Bergen Catholic High School is a diverse Catholic community that prepares young men to become dynamic global leaders by deepening religious faith, developing academic excellence, and strengthening social consciousness and responsibility in accordance with the Essential Elements of an Edmund Rice Christian Brother Education.

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