

INTRODUCTION

ARCHIE MESSERSMITH-BUNTING

My name is (Your Full Name), and I am the (position) for (organization), and it's my pleasure to welcome you to today's program.

You will learn a lot about our speaker Archie Messersmith-Bunting, or The Feelings Guy, in just a minute. But first, let me give you a few highlights and fun facts about him:

He prefers dogs over cats; soccer over football; Pepsi over Coke; and the Avengers over the X-Men. He's traveled to every continent; accidentally went swimming with the walruses & penguins while in Antarctica; and has performed at Madison Square Garden.

Archie believes that self-care is selfless, your mental health matters, and that our feelings & emotions are not to be ignored.

Please help me welcome Archie Messersmith-Bunting.

Updated 8.11.2023