



The Courage To Come Back Awards

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How to Submit an Outstanding Nomination for a Courage To Come Back Award

1. Complete the Nomination Form, **including the signature of the nominee**.
2. Documentation **must include** an accurate and detailed written story of the nominee's courageous comeback. Feel free to attach additional letters of support or testimonials from others or any relevant newspaper or magazine articles. The submission doesn't have to be long, but be sure to cover the following points:
 - a. The full history, nature and impact of the illness injury, addiction or adversity on her/his life and family.
 - b. The degree of difficulty in overcoming obstacles, and level of determination and perseverance it has taken to overcome them.
 - c. The type of rehabilitation or new learning involved, how long it took and who helped along the way.
 - d. Why and how she/he is an inspiration to or positive influence on you and others.
 - e. The goals and achievements the individual has reached in spite of setbacks or obstacles.
 - f. The details of how she/he has given back to the community (e.g., volunteering, public speaking, fundraising, other good works).

For ideas, review past recipient stories at www.coastmentalhealth.com/courage or The Province Newspaper stories at www.theprovince.com/courage. Forms are available at any Scotiabank branch in British Columbia or at the above websites.