



NEWS RELEASE

For Immediate Release

STUDENTS JOURNEY THROUGH THE SUMMER WITH AN INSPIRATIONAL BOOK

Bridgetown Barbados 27, July 2022: During the current long summer holidays, scores of teenagers will have the opportunity to read the inspirational book, 'Journey to Thirty, the Naked Truth, I am You', written by a young Barbadian woman, Kimisha King.

She relates how she overcame adversities during her teens into young adulthood growing up in a dysfunctional family.

Fourth and fifth-form girls of Princess Margaret Secondary and St. George Secondary Schools recently got the opportunity to engage with King during special 'meet and greet' end of term sessions at their schools when, they received autographed copies of the books as gifts.

The books were purchased with support from CIBC FirstCaribbean.

During the sessions, King, who is also Chief Executive Officer of Queens' Mindset, described the book as a frank account of her life, pointing out that it touched on relationships and events and as a result, she ruffled some feathers causing her to lose some friends and upset some relatives.

However, the author said her faith in God and her desire to encourage and empower young people fuelled her will to produce the book. She added that it would be a source of inspiration to them, giving hope, that similar to her, they could rise above challenges, find their identity and live their true lives. She told the students that the book was written in a conversational style which they should find appealing.

The students also received words of encouragement from CIBC FirstCaribbean's, Director of Retail Banking Channels, Michelle Whitelaw who quoted Sir Winston Churchill, a famous former Prime Minister of Britain who said "We make a living by what we get, but we make a life by what we give," and she asked the students to think on that statement.

Referring to the book's title, Whitelaw said she knew students might have been saying they were nowhere near 30 since they were teenagers, but she explained that the books would serve them well since all they did now, would impact them as they grow.

"All the good that you do, or all the bad that you do, can follow you as you grow and mature. So, you want to ensure that you do good, help someone along the way, join a club and do some community work and use these books well to help you as you move on," she added while urging them not to simply put their copies away but to read them.

"There are many areas touched on by Kimisha in her book including 'how to find purpose' and 'how to love yourself and find your worth and value and most importantly 'how to trust God,' now don't you think that is worth reading about?" she asked.

"Find ways in which you can be a better person, ways in which you can give, ways in which you can help. We at the bank are giving you these books and we are asking you to pay it forward by giving or helping someone else," the senior bank official said. She ended with a quote from Albert Schweitzer who said, "Even if it's a little thing, do something for those who need help, something for which you get no pay, but the privilege of doing it."

The author asked the students for feedback on the book and the librarian at St George, Sonia Callender, said she would encourage the children to read it and share their reviews.

-Ends-

Captions:

About CIBC FirstCaribbean

CIBC FirstCaribbean is a relationship bank offering a full range of market leading financial services through our Corporate and Investment Banking, Retail and Business Banking and Wealth Management segments. We are located in fifteen (15) countries around the Caribbean, providing the banking services through approximately 2,800 employees in 64 branches and offices. We are one of the largest regionally listed financial services institutions in the English and Dutch speaking Caribbean, with US\$13 billion in assets and market capitalization of US\$1.3 billion. We also have a representative office in Hong Kong that provides business development and relationship management for our fund administration. The face of banking is changing throughout the world and CIBC FirstCaribbean intends to lead these changes with the expertise, integrity and knowledge gained from banking in the Caribbean since 1836.

CIBC FirstCaribbean is a member of the CIBC Group. CIBC is a leading Canadian-based global financial institution with 11 million personal banking and business clients. Through our three major business units - Retail and Business Banking, Wealth Management and Capital Markets - CIBC offers a full range of products and services through its comprehensive electronic banking network, branches and offices across Canada with offices in the United States and around the world.

For more information about CIBC FirstCaribbean, visit www.cibcfib.com , [Facebook](#) , [Twitter](#) , [LinkedIn](#) , [Instagram](#) or [YouTube](#).

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Princess Margaret student, Faith Crick, waits as author Kimisha King, signs her copy, while from left, Jadah Simpson, Talia Harding watches the process.



Lazina Walcott, left, discusses a point in the book with author Kimisha King, centre, and CIBC FirstCaribbean's, Director of Retail Banking Channels, Michelle Whitelaw during a session at Princess Margaret Secondary School.



Princess Margaret Secondary school's senior students reading a passage from the book.



CIBC FirstCaribbean's, Director of Retail Banking Channels, Michelle Whitelaw urged students at Princess Margaret Secondary to do something to help someone.



Author Kimisha King, second from left, drawing a point to senior students at St. George Secondary, while librarian Sonia Callender, third from left, partially hidden and CIBC FirstCaribbean's, Director of Retail Banking Channels, Michelle Whitelaw listens.



Author Kimisha King signs a student's copy while discussing an issue raised in the book. The other students wait their turn to receive their copy while CIBC FirstCaribbean's, Director of Retail Banking Channels, Michelle Whitelaw join in the discussion.