

TAVON JAMES PARKER

BIO

Tavon Parker or “Mr. Motivation” as he’s come to be known, was born and raised in York, Pennsylvania. He is a father, husband, son, brother, student, community activist, published author, motivational speaker, and businessman. Throughout his childhood, Tavon excelled in sports and is a thousand-point scorer at his alma mater, William Penn Senior High School (York High). At the age of 14, Tavon began his journey as an entrepreneur when he started his own Lawn Care Business called Tavon’s Lawn Care LLC. As his lawn care business grew, he hired employees and by the age of 15, he purchased his first truck before he even had his license!

After gaining a scholarship and venturing to college at Millersville University, Tavon excelled more in sports than academics. He began to lose focus and it caught up to him quickly. His business struggled with him being away in college, which added more obstacles for him to overcome. These led to Tavon losing his scholarship which then forced him to move back to his hometown. With a lazy mindset and the need to survive, Tavon became a drug dealer. Less than a year into this new entrepreneurial endeavor, Tavon was arrested for the first time and was given three years’ probation. Less than 6 months after that, Tavon was arrested once again and had the same charges, same district attorney, but this time was a different outcome. Tavon faced 2-5 years in state prison but luckily went through a 6-month military-style program at Quehanna Boot Camp that allowed for an earlier release.

After serving 14 months in state prison, Tavon was released back to society with a new vision and mission for his life. His commitment to leaving the system with a new mindset by

devoting his time to reading, working, and taking different classes, paid off. Tavon has turned his life around and now dedicates his time to helping others get to the next level through his many CHANGE THE NARRATIVE initiatives. After losing his brother to gun violence in February 2020, Tavon quickly realized that exposure to opportunities makes a huge difference in one’s life. Tavon went on that same year to form his nonprofit called The Advantage Program. Through this, he is able to empower youth, provide mentorship, exposure, and work on sustainable life plans that overall will contribute to changing the narrative. Tavon wrote his autobiography titled “Changing The Narrative” which was published in 2021. He is also the co-author of “What Do You Mean?” a children’s book that was published in 2022. In 2022, Tavon also published his “Changing The Narrative Workbook” where he took the principles from his autobiography (budgeting, time management, creating a sustainable plan, cost benefit analysis, personality test) and made them more tangible. He facilitates workshops across York County Schools where he teaches students how to take control of their own destiny at a young age without having to go down a negative path. In 2024, Tavon published another workbook titled “B.Y.O.B - Be Your Own Boss: A Guide For New And Experienced Entrepreneurs.” This workbook is taught to adults who are new or experienced entrepreneurs, and also to school aged children in order to expose them to entrepreneurship and legal ways to create multiple streams of income. A listing of the workshops that Tavon has facilitated can be found below:

| Workshop Presentations By Tavon Parker: |
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| 2022 Keystone Christian Academy - Changing The Narrative Workshop |
| 2022 Northeastern High School - Changing The Narrative Workshop |
| 2023 Keystone Christian Academy - Be Your Own Boss Workshop |
| 2023 Northeastern High School - Changing The Narrative Workshop |
| 2024 Red Lion High School - Changing The Narrative Workshop |

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| 2024 Logos Academy - Be Your Own Boss Workshop |
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In addition to his entrepreneurial endeavors, Tavon is also a volunteer for the York County Wellness Courts. Over the years, Tavon has been awarded various honors and awards as shown below:

| Tavon Parker's Awards & Honors: |
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| 2021 Rising Stars Award Recipient from Crispus Attucks |
| 2022 Most influential Person in York County for Philanthropy and Nonprofits Award Recipient from York Daily Record |
| 2022 Hands On Award Recipient from Trey and Boo Classic |
| 2022 Community Impact Award Recipient from Bro2Go Inc |
| 2022 William Penn Senior High School Unsung Hero Award |
| 2022 Graduate of Leadership York's Leadership Training Program |
| 2022 Outstanding Individual In An Organization Award Recipient from Downtown York PA |
| 2022 Outstanding Service by a Citizen Award Recipient from the York County District Attorney's Office |
| 2023 Alumni In Action Award Recipient from Leadership York |
| 2023 Leadership Development Award Recipient from the Kappa Omicron Sigma Chapter of the Sigma Gamma Rho Sorority, Inc |
| 2023 Awardee from the McNees Accelerator Entrepreneur Program at York College of Pennsylvania |
| 2023 Graduate of Leadership York's Nonprofit Leadership Academy |
| 2024 Honoree from the 27th Annual African American Love Feast |

As a motivational speaker, Tavon also uses his gift to mentor others through his CHANGE UNIVERSITY where he provides group mentorship along with one on one mentorship for both adults and students. Creating a safe space for others to share their challenges and being able to help them overcome those is one of the most important things that Tavon does in his role as a speaker. Tavon has presented to various organizations across Pennsylvania,

ranging from nonprofits to schools to small and large organizations. He has presented on various topics at different company events, meetings, festivals, sports teams, school assemblies, and motivational groups.

| Tavon Parker's Work As A Motivational Speaker: |
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| 2020 March on Washington Speaker - Washington, DC |
| 2020 Kappa Omicron Sigma Chapter of the Sigma Gamma Rho Sorority, Inc Breast Cancer Prayer Breakfast Speaker - York, PA |
| 2020 William Penn Senior High School Guest Speaker - York, PA |
| 2020 Youthbuild Charter School Guest Speaker - York, PA |
| 2020 Hour of Power Podcast Interview - York, PA |
| 2020 William Penn Senior High School, Lady Bearcats Guest Speaker - York, PA |
| 2021 Columbia High School, Varsity Basketball Guest Speaker - Columbia, PA |
| 2021 William Penn Senior High School, Bearcats Guest Speaker - York, PA |
| 2021 Salvation Army of York PA, After School Program Guest Speaker - York, PA |
| 2021 Youthbuild Charter School Guest Speaker - York, PA |
| 2021 Unashamed Youth Ministries Guest Speaker - Landover, MD |
| 2021 William Penn Senior High School, Senior Class Guest Speaker - York, PA |
| 2021 Juneteenth York Guest Speaker - York, PA |
| 2021 York County Youth Development Center Guest Speaker - York, PA |
| 2021 York County Optimist Club Guest Speaker - York, PA |
| 2021 Penn State Men's Soccer Team Guest Speaker - York, PA |
| 2021 Interview on The Founder Beat - York, PA |
| 2021 Press Conference Speaker: Voni Grimes Gym Programming - York, PA |
| 2021 Strand Capitol Event on Effective Policing Guest Speaker - York, PA |
| 2021 Interview on The 280 Plus Podcast - York, PA |
| 2021 Pedal4Peace Banquet Guest Speaker - York, PA |
| 2021 Global Opportunity Youth Network, Equity Summit Panelist - York, PA |
| 2021 Boy's Club of York Raiders Football Banquet Guest Speaker - York, PA |
| 2021 Interview with York Daily Record - York, PA |
| 2021 Accountability for Life Graduation Speaker - York, PA |
| 2022 Interview with TCP Media Group - Lancaster, PA |

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| 2022 Interview on Launch360 with Kim & Dr Newt - York, PA |
| 2022 I Have A Dream Conference Host - York, PA |
| 2022 William Penn Senior High School Awards Guest Speaker - York, PA |
| 2022 St. Matthew Lutheran Church, Annual Youth Night Guest Speaker - York, PA |
| 2022 Faith Village Christian Church Guest Speaker - York, PA |
| 2022 Keystone Christian Academy Chapel Speaker - York, PA |
| 2022 Leadership York's Leadership Training Program Graduation Speaker - York, PA |
| 2022 Juneteenth York Guest Speaker - York, PA |
| 2022 Juneteenth Harrisburg Guest Speaker - Harrisburg, PA |
| 2022 York County PA Wellness Courts Graduation Speaker - York, PA |
| 2022 Rotary Club of York Guest Speaker - York, PA |
| 2022 Northeastern High School Assembly Guest Speaker - Manchester, PA |
| 2022 ODAAT Motivational Friday Guest Speaker - Philadelphia, PA |
| 2022 Women's Giving Circle of York County Community Foundation Guest Speaker - York, PA |
| 2022 Interview on Fox43: Pardon Project - York, PA |
| 2022 Cornerstone Baptist Church Men's Ministry Guest Speaker - York, PA |
| 2023 University of Arizona, Education and the Plight of Black America Guest Speaker - York, PA |
| 2023 I Have A Dream Conference Host - York, PA |
| 2023 Tidings of Peace School Guest Speaker - York, PA |
| 2023 Lincoln Intermediate Unit 12 Presentation on How To Better Relate to Minority Students - York, PA |
| 2023 Lincoln Middle School Assembly Guest Speaker - Lancaster, PA |
| 2023 Dreamwrights Center for Community Arts Celebrity Story Time Guest Reader/Author - York, PA |
| 2023 Reformed Felons Panel Host - York, PA |
| 2023 ODAAT, UAC, NOMO Foundations Breaking The Poverty Mindset Conference Panelist and Guest Speaker - Philadelphia, PA |
| 2023 School District of Lancaster Summer Camp Facilitator - Lancaster, PA |
| 2023 Pressley Ridge Guest Speaker - York, PA |
| 2023 Susquehanna University, Criminology Course Guest Speaker - Selinsgrove, PA |
| 2023 York County Optimist Club Guest Speaker - York, PA |
| 2023 Keystone Christian Academy Chapel Speaker - York, PA |
| 2023 Northeastern High School Assembly Guest Speaker - Manchester, PA |
| 2023 Unstoppable You Conference - Speaker & Youth Panel Facilitator - York, PA |
| 2024 River Rock Academy Assembly Speaker - Red Lion, PA |

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| 2024 Red Lion High School Assembly Speaker - Red Lion, PA |
| 2024 Red Lion Middle School Assembly Speaker - Red Lion, PA |
| 2024 Interview on The Spark from WITF - Harrisburg, PA |



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717-434-9112

www.tpmotivates.com