

Kimberly Franco

A dynamic messenger of hope, motivation, and inspiration

- ◆ **Keynote speaker**
- ◆ **Trainer**
- ◆ **Small group leader**
- ◆ **Break out sessions**

Kimberly Franco has over 18-years of experience on a stage, presenting to audiences, and training Army Soldiers the skills to face and overcome adversity.

She dedicated over 23-years of honorable service to the nation as a Military Police Officer and has used her many experiences to shape her messages of hope, determination, and perseverance.

Kimberly lost her brother to suicide while she was in her 22nd year of service so she chose to retire and put 100% of her effort into educating communities on suicide intervention and promoting a well-rounded lifestyle. She has trained over 1,000 people, developed training curriculum for the military, and founded One Common Bond, a non-profit organization which provides grief support to those after loss, not just to suicide, but any type of loss.

Kimberly is the developer of the interactive 4R Suicide Intervention Training Course which trains you four easy and understandable steps to help save a life.



"When Kimberly speaks, I just WANT to listen!"
CPT Mahamadu, Kenyan Army

Top Speaking Messages:

- ◆ **Making Lemonade Out of Lemons**
- ◆ **Taking Power Over Your Perspective**
- ◆ **The Self Talk—Making YOU a Priority**

KIMBERLY DOESN'T JUST SPEAK—SHE INVOKES ACTION!

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What do you stand to gain from booking Kimberly?

Suicide prevention training is something that it is better to have and not need rather than to need it and not have it.



On a recent business trip, Kimberly noticed two staff members at her hotel with brilliantly colored hair; one was teal green and the other was purple. Kimberly asked them about the hair color and they shared that recently a guest in the hotel died from suicide and they were upset that they didn't notice anything and couldn't help her before she made that decision. They dyed their hair the color of the suicide prevention awareness ribbon as a means of mourning.

When Kimberly shared that she was in their city looking for a location to conduct her next suicide prevention training, the management asked her to do an additional class for their staff.

We will never know if the life of that young woman would have been spared if the staff had suicide prevention training, but the recent investment the hotel made to host an upcoming training has a benefit that will extend beyond the walls of their classroom. Now the community and staff will learn the skills that can potentially save a life.

Q: Should *your* staff be trained in suicide prevention?

A: YES!

Looking for someone to recharge your creative batteries and help your staff get over a plateau in productivity?

Kimberly is a seasoned trainer in building resilience skills, mental awareness, and stress management. Sometimes you don't realize the issues that are blocking you from excelling, but Kimberly will help you conduct a self-assessment that can get your creative juices flowing again.



RESILIENCE TRAINING TOPICS:

- ◆ Mind Over Matter
- ◆ Taking Power Over Your Perspective
- ◆ Self-care Principles

Let Kimberly tailor a training session specifically for your business needs. A short business climate questionnaire will help her customize a class just for you!

Quarterly sessions recommended.

Sessions range between 1 and 4 hours in length.

Don't hesitate, contact us today:

www.1commonbond.org or 1commonbond@gmail.com