



# ROD CUNNINGHAM

Keynote Speaker | Author  
Youth and Adult Emotional Wellness Professional

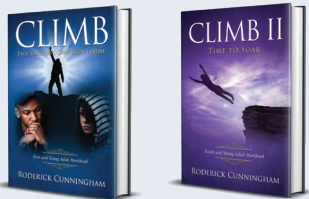
WORKING WITH **HIGH SCHOOLS** AND **COLLEGES**  
WHO WANT EMOTIONAL WELLNESS  
FOR THEIR STUDENTS AND STAFF

## BLACK HISTORY MONTH SPEAKER - FEBRUARY 2023



### BLACK MINDS MATTER:

*History of Black Mental Health and Improving Our Current Mindset*



#### WORKBOOKS:

CLIMB: *Face Your Past, Own Your Future*  
CLIMB II: *Time to SOAR*

#### DESCRIPTION:

Are you concerned with the emotional wellness of your family/community? Are YOU stuck in the regret of past mistakes, the pain of broken relationships, or the loss of a loved one? It's time to CLIMB your way to living your best life. Rod Cunningham, the #1 transformational expert, introduces four areas that cause emotional decline and teaches the five steps to emotional wellness. His talk will awaken your ability to discover your greatness and pursue your purpose.

#### LEARNING OBJECTIVES:

1. Participants will demonstrate their understanding of what causes emotional pain in themselves and others.
2. Participants will identify systematic approaches to improve their emotional wellness.
3. Participants will be able to develop a detailed plan to strengthen their emotional wellness.



Rod Cunningham was born to a 15-year-old mother in the housing projects of Jacksonville, FL. He struggled with the death of his biological father and he watched his step-father emotionally and physically abuse him and his mother. He and his mother escaped the home in the middle of the night when he was just 7-years-old. This absence of a significant adult male influence had adverse effects on his emotional well being. Rod found redemption through his decision to join the Air Force. The Air Force represented a turning point for Rod, as he was provided with structure, discipline and exceptional influence from honorable, dignified men of character. Rod eventually retired after 29 years of service at the rank of Chief Master Sergeant, the top 1% of the enlisted corps.



As a passionate advocate in the areas of emotional wellness, Rod encourages youth and adults to engage in positive decision-making behaviors by addressing the issues of trauma/grief head on. In his presentations, Rod focuses on empowering young men, women, and adults by teaching them "The 5 Steps to Emotional Wellness" based on his intense research and his personal journey. He also taught Opioid Use/ Misuse Prevention throughout the state of Florida on behalf of the Drug Enforcement Administration (DEA) to build effective programs that correlates mental health with substance misuse, helping get to the root of the issue. He has worked successfully with community leaders, 5-county school districts, Federal Bureau of Investigations (FBI), St. Petersburg College, Pasco-Hernando State College, Hillsborough Community College, University of South Florida-Health, etc. His speeches are powerful, informative, motivational, and entertaining.

**Book Rod Cunningham to empower your high school/college students and staff for improved emotional wellness.**

Call 813-380-8045, Email: [Valerie@ChiefEmpowerment.com](mailto:Valerie@ChiefEmpowerment.com) or

Visit: [www.BookRod.com/Colleges](http://www.BookRod.com/Colleges)

