

ROD CUNNINGHAM

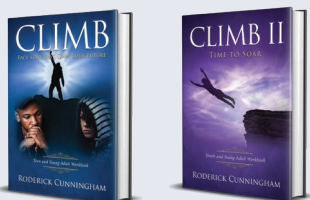
- ◆ Mindset and Emotional Wellness Expert
- ◆ 29-Year Retired Air Force Veteran
- ◆ Community Leader



KEYNOTE SPEAKER | AUTHOR | MINDSET COACH

Emotional Health and Well-Being:

Cultivating Self-Care and Mindfulness for College & Professional Success



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? Have you experienced the loss of a loved one or a traumatic event? It's time to hit the RESET button and CLIMB your way back 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 and overall mindset.



Why Rod?



As an accomplished mindset speaker, Rod has helped 40,000+ members of communities around the nation to unlock their true potential and create thriving, successful lives. With a unique combination of passion, expertise, and an engaging speaking style, Rod will inspire your staff and students to achieve greatness, contributing to your college or university's overall success.



BIO



Rod Cunningham's life was shaped by challenging circumstances from a young age. Born to a 15-year-old mother, the death of his biological father, followed by his stepfather's emotional and physical abuse against his mother eventually led to Rod and his mother escaping the home in the middle of the night when he was just 7 years old.

The absence of a significant adult male influence had lasting effects on Rod's sense of self and well-being. It wasn't until he joined the Air Force that Rod found redemption and structure, discipline and influence from dignified men of character – all of which eventually helped him retire with 29 years of service at the highest rank one can achieve in the enlisted corps (representing the Top 1%), Chief Master Sergeant.

Benefits of Hiring Rod

- Boost Morale and Motivation
- Increase Productivity
- Improve Communication and Collaboration
- Foster a Positive Culture

Call 813-380-8045 or Contact Valerie at Valerie@ChiefEmpowerment.com
www.ChiefEmpowerment.com

Featured Presentations

MINDSET: *Growth Mindset: Embracing Learning and Growth for Personal and Professional Success*

MINDSET: *Hit Every Goal, Every Time*

MILITARY STUDENT VETERANS:

The Successful Shift: Strategies for Veteran Students Transitioning from Military to College Life - A Wellness and Mindset Workshop

CLIMB: *It's OK, not to be OK: Resetting After COVID*

FINDING YOUR PASSION:

Identifying Your Interests and Pursuing Your Dreams



Rod is masterful at speaking to the heart of his audience. You will find his presentations to be humorous yet hard-hitting. He has the unique propensity to connect with each person in a room of thousands, as he challenges and inspires them to discover their true value.

Presentation Length

- 15-, 30-, or 1-hour keynotes on building emotional strength, effective mindset training, and living your best life by purposefully building your legacy.
- Half-Day Empowerment Seminars (in-person or webinar) on Growth Mindset for leaders.
- Weekly Group Coaching Calls (Zoom) addressing mental health, mindfulness, goal setting, fitness, finances, and relationships.




Mission

"Our mission is to assist colleges in their pursuit of emotional wellness for their students and staff. We strive to provide quality services that promote resilience and happiness through empowering people to make informed decisions, build strong relationships and become more mindful of their own emotions. We believe a healthy emotional foundation leads to a more productive environment and better outcomes for everyone."



Testimonials



Mohamed Kamara
Student at Montgomery College

✕ ✓

We meet each other at the Black, Brown, College Bound Summit. It was a pleasure to be educated by you and inspired by your light. You have helped me more than you can imagine, especially in terms of self care. May God bless you a thousand fold!

Reply to Mohamed

Book Rod Cunningham to empower your organization

Call 813-380-8045

Email: Valerie@ChiefEmpowerment.com or

Visit: www.ChiefEmpowerment.com

