



# ROD CUNNINGHAM

Prevention Speaker | Author  
Youth/Parent Emotional Wellness Expert

WORKING WITH YOUTH FOCUSED ORGANIZATIONS WHO  
WANT EMOTIONAL WELLNESS FOR THEIR STAFF,  
PARENTS, AND YOUTH.



Trauma will affect you at some point in your life. Some of us are able to deal with it head on, while others pretend or ignore it's adverse affects on our lives. Whether the past trauma stems from parental abandonment, loss of a loved one, physical/mental abuse, or bullying and rejection, a person cannot overcome what they refuse to confront. When you haven't been given the tools to properly confront the pain of the past, it often leads to poor decision making, such as drug use, vaping, alcoholism, gambling, pornography, fighting, workaholicism, infidelity, and sexual promiscuity. Unresolved emotional pain can also manifest itself in ways that causes you to shut others out, such as eating disorders, withdrawn behavior, cutting, as well as excessive video gaming, sleeping, listening to explicit music and so on. All of which negatively impact your most important relationships and your future.



Rod Cunningham was born to a 15-year-old mother, struggled with the death of his biological father and he watched his step-father emotionally and physically abuse 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 an exceptional influence from men of honor, dignity and 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 drug prevention and misuse, Rod encourages youth to engage in positive decision-making behaviors by addressing the issues of trauma 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 Training throughout the state of Florida on behalf of the Drug Enforcement Administration (DEA). He has worked successfully with community leaders, 5-county school districts, the Department of Justice, Department of Defense, Federal Bureau of Investigations (FBI), Community Anti-Drug Coalitions of America (CADCA), Pasco Alliance for Substance Abuse Prevention, University of South Florida-Health Faith-Based Opioid Task Force, etc. to build effective programs that inspire emotional wellness and sustainable drug-free living by addressing the root causes of drug abuse, as well as teaching coping skills, and building self-esteem.



CHIEF EMPOWERMENT  
NETWORK



**Book Rod Cunningham to empower your teachers, staff, parents, and youth for improved emotional wellness.**

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

# FEATURED PRESENTATIONS

**CLIMB:** *Believe the Hype! Opioids and Vaping are Dangerous*

**CLIMB:** *It's OK, not to be OK*

**CLIMB:** *You are Stronger Than You Think*

**CLIMB:** *Face It! You are Incredible*

**CLIMB:** *It's Never Too Late to SOAR*



Rod is masterful at speaking to the 13-year-old in each of us. 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 hundreds, as he challenges and inspires them to discover their true value.

## Presentation length:

- 20-min, 30-Min, or 1-hour keynotes on emotional wellness, opioids, vaping, etc
- Half-Day Empowerment Seminars on emotional wellness for teachers, staff, leaders, parents and/or youth, to include certifying adults in youth mentorship.
- Keynote Speaker/Breakout Session Facilitator for youth focused organizations' annual conference (i.e. educators, law enforcement, parks and recreation, youth summits, drug abuse and mental/emotional health conferences, etc.)



## Your audience will learn:

- The 5 Steps to Emotional Wellness and how to effectively deploy them in the lives of our youth
- What to do to build your own emotional strength
- How to effectively deal with high levels of stress
- How to make positive decisions most of the time
- How to empathize with others struggling with substance use or emotional wellness issues



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