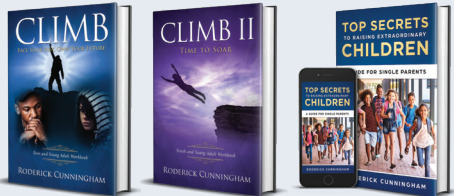




# ROD CUNNINGHAM

Keynote Speaker | Author  
Youth and Adult Emotional Wellness Professional

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



Trauma and/or grief 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, workaholism, infidelity, or 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emotional pain can also manifest itself in ways that causes you to shut others out, such as eating disorders, withdrawn behavior, cutting, as well as excessive video gaming, sleeping, listening to explicit music and so on.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.



CHIEF EMPOWERMENT  
NETWORK



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 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). He has worked successfully with community leaders, 5-county school districts, multiple colleges/universities, the Dept of Justice, Dept of Defense, Federal Bureau of Investigations (FBI), Community Anti-Drug Coalitions of America (CADCA), University of South Florida-Health Faith-Based Opioid Task Force, etc. to build effective programs that correlates mental health with substance misuse, helping get to the root of the issue. 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.ChiefEmpowerment.com](http://www.ChiefEmpowerment.com)

# FEATURED PRESENTATIONS

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

## BLACK HISTORY

**MONTH:** *Black Minds Matter*

**RECIDIVISM:** *Emptying the Emotional Bucket: How Choices Impact Chances*

**MINDSET:** *Mastering the F7 NeuroMindset Method*



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:

- 15-min, 30-Min, 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 on emotional wellness for staff and student leaders, to include certifying adults in youth mentorship.
- Keynote Speaker/Breakout Session Facilitator for youth focused organizations' annual conference (i.e., educators, collegiate events, 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/young adults
- Exactly how 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 and assist others struggling with substance use or emotional wellness issues



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## CLIENTS

