

SHORT BIO

ROD CUNNINGHAM



INTRODUCTION

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 in the housing projects of Jacksonville, FL.

Rod would later join the Air Force, representing a turning point in his life. He counseled and mentored over 9,000 Airmen in his last 4 years on active duty. He eventually retired after 29 years of service at the rank of Chief Master Sergeant, the top 1% of the enlisted corps.

Since retirement, Rod has developed programs for the Pinellas County Urban League, DEA, school districts in Pinellas, Manatee, Pasco and Hillsborough counties that inspire emotional wellness and sustainable drug-free living by addressing the root causes of substance use, as well as teaching coping skills, and building self-esteem. Additionally, he represented the Florida Coalition of Urban Leagues in Tallahassee, working closely with state legislators.

Rod is masterful at speaking to the 13-year-old in each of us. He is married to Valerie Nicole, they have 3 children and 10 grandchildren.

**Ladies and gentleman I give you the author, the speaker, the #1 emotional wellness expert,
ROD CUNNINGHAM**

TALK DESCRIPTION

**Roderick Cunningham, CMSgt (ret), USAF
CEO, Author, Chief Empowerment Network, LLC
Talk Title: *CLIMB: It's OK, Not to be OK***

Are you concerned with the emotional wellness of youth and young adults in your community? Are you concerned with vaping, opioid misuse (pain pills), alcohol, drug use, anger, depression, and/or suicide in your school district, college campus, or 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 five steps to emotional wellness. His talk will awaken your ability to discover your greatness, pursue your purpose, and assist others in living their best lives.