> "HOW YOU LOOK AT ADVERSITY IS FAR GREATER THAN HOW ADVERSITY LOOKS AT YOU"

MICHAEL K GAINEY

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YOUTH TRANSFORMATIONAL SPEAKER

Michael K. Gainey is a nationally sought after youth and educational speaker known for delivering powerful, mindset shifting experiences that help students build resilience, confidence, and ownership of their identity. Drawing from his own journey through poverty, family instability, academic struggle, and life threatening medical trauma, Michael connects with students in a way that feels real, relatable, and deeply human.

After surviving a brain tumor, cyst, hydrocephalus, and a near fatal cardiac event, Michael committed his life to helping young people confront adversity rather than be defined by it. His work is rooted in social emotional learning and built on his proprietary framework, The Resilience Rewire™, which equips students with practical tools to manage pressure, challenge limiting beliefs, and take responsibility for their mindset and choices.

Michael's signature message, What If You Can™, challenges students to break free from labels, rewrite the narratives holding them back, and reengage with school culture by first believing in themselves. His talks resonate across elementary schools, middle schools, high schools, and colleges, creating lasting impact that extends beyond the assembly and into classrooms, hallways, and daily decision making.

Schools partner with Michael not just for inspiration, but for transformation. His approach aligns mindset with behavior, helping students show up with greater effort, accountability, and purpose while supporting a healthier, more engaged school culture.

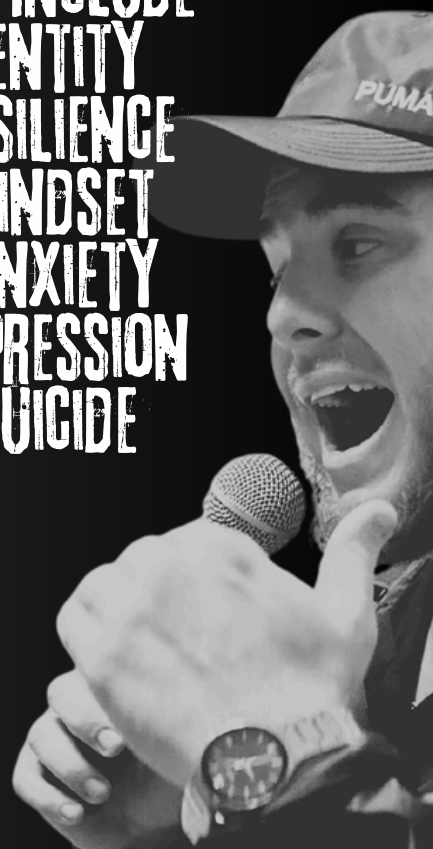## KEYNOTE/ASSEMBLY

What If You Can?
The power of possibility

WORKSHOPS

1.)What If You Can?

2.)PEMDAS:
PERSEVERANCE
EMPOWERS MY DREAMS
AND SUCCESS

TOPICS INCLUDE
1.) IDENTITY
2.) RESILIENCE
3.) MINDSET
4.) ANXIETY
5.) DEPRESSION
6.) SUICIDE

ELEMENTARY, MIDDLE, HIGH SCHOOLS, COLLEGES, & UNIVERSITIES

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