

Self-Determination Through It All- The *Self-Determination Through It All* presentation takes a look at the very definition of self-determination, which is a "firmness of purpose." With this definition in mind, I dive into the humbling story of my upbringing, including having present-but-absent parents, bringing home a 0.5 GPA in 7th grade, nearly joining a notorious Chicago street gang in high school, and at the end of my high school tenure, being ranked 53 out of the 59 graduating seniors. Afterward, I joined a program that allowed me the opportunity to take a year off of school and give back, but simultaneously face tremendous living challenges. That year gave me a glimpse into self-determination, but it was just the foundation for what was to come in life. Through self-determination, my life did a complete 180 in a matter of a few years. I became a summa cum laude college graduate, a published author before graduating college, and many personal accomplishments that highlights a shift from, where once attempting to escape a life mirroring my upbringing, to living a life of self-betterment and being on a journey of self-improvement in every aspect of life, all while being a full-time parent. How does a turnaround of this magnitude happen in the span of just a few years, and how can others also find themselves eventually on the right side of any situation? In this presentation, I answer this by sharing five deeply significant points I learned during those tough times and overcoming unbearable situations, even relying on these same ideologies to this day. This presentation uses a hands-on element, which will serve as a self-assessment for each member of the audience, and allow the opportunity for bonding through peer discussions. This is a specially crafted presentation that's vulnerable, transparent, practical, and will be greatly impactful to everyone present.

"Adversity strengthens weaknesses. Adversity was meant to make you." -Jeffrey (From the *Self-Determination Through It All* Presentation)

The Little Habits And Changes- In life, we all strive for the "American Dream", which generally constitutes massive, long-term prospects that greatly favor the outcome over the journey. So easily do we ignore the little things in our lives that matter because we're

so headstrong in wanting what we set out for, while simultaneously wanting the journey to be as easy and convenient as possible. As a result, a lot of people will lose what they've acquired believing that the little things have no significance to what we seek or are trying to maintain. In *The Little Habits And Changes* presentation, I dive into five impactful points, including debunking a popular phrase, explaining why our "WHY" doesn't build discipline, and giving people the tough reality when enduring a journey for the things we pursue in this world, and how to shift our perspectives despite this reality so that we can celebrate small wins, enjoy the journey, and most importantly, become stronger in personal aspects completely unrelated to the outcome. I don't dive much into my own story with this presentation, but I do talk about how I further increased my capacity in college despite the fact that I had already written an entire book and received only one B up to that point! We can guarantee that this is not a presentation you'd want to miss. Wisdom and life-altering perspectives are abundant throughout the presentation from start to finish.

"We need to prepare so that we can manage everything in our lives not only regarding achievement, but character, joy, peace, and more." -Jeffrey (From *The Little Habits And Changes* presentation)

Your Justice Is Someone Else's Permission- *Your Justice Is Someone Else's Permission* is a heavy but hopeful topic that I take on with open arms. The world needs our story, our revelations, our contributions, etc., and I open up about my upbringing and the life I was forced to settle for as a child due to my lack of access and exposure, and how my worst year academically ended up being the most heartbreaking year of my life for completely unrelated reasons. Months before I started college, all that I thought I had risen above started to bring about a level of survivor's guilt, and I didn't understand why it felt as though the losses I dealt with seemed to have a divine hand involved. Then, after a semester and a half in college, I would materialize a book about my upbringing, but soon found out that this book and the therapy-like journey during the writing process had all been an illusion; all of the problems I thought were buried resurfaced and began to eat me alive. Through a challenging season, I would get the closure I

sought, which I finally realized when going through massive book edits. Finally, I talk about why it is important to tell our stories and share our justice, which I believe is the permission that others need to change their lives. I hold absolutely nothing back in my explanations, and I give strong and valuable reasons why, including how we are the victims of the unmanaged pain our neighbors suffer, the power of being first, and other permissions our justice gives others. This is a vulnerable, deeply moving presentation that will change how you see your contributions to the world.

"Your justice is someone else's permission to be the best person they can be." -Jeffrey (From the *Your Justice Is Someone Else's Permission* presentation)

Are You Surviving?- Challenging and shifting the way we think and live has always been at the core of The Speaking Realm, and the *Are You Surviving?* presentation is a phenomenal representation of this principle. Most people feel as though they are far isolated from a survival lifestyle and survival mentality. I go to great lengths in this presentation to share why most people are indeed surviving, and it's uniquely eye-opening. You will not have an engagement that forces people to self-assess on the level that this one requires. It is an intentionally crafted presentation that can truly leave a significant impact on the world if met with the openness to shift the way we've identified the reality of what it means to survive. This presentation took over a month for the rough draft to be written, and from there the only question that remained was how to make the presentation more engaging and hands-on. The timeline of my story that I share in this presentation will be the first time publically shared (sorry owners of my book), and it is one of the most unique perspectives that I believe most will deem invaluable to hear. This presentation is relevant and needed in almost any setting, and we can promise you will not want to miss a word of this one.

"The canvas is our lives, and with it, we have the chance to create who we want to be." -Jeffrey (From the *Are You Surviving?* presentation)

Purposeful mentorship- The original title for this engagement was *The Power of Mentorship*, but immediately after planning went into effect, it shifted to the title: *Purposeful Mentorship*. As the shift of the title suggests, the complexity, depth, and honesty embedded throughout this presentation are simply unmatched. Some mentorship engagements incorporate the lived experience with little research. Other engagements will be research-heavy but incorporate little lived experience. No other mentorship engagement will strongly blend the lived experience, research-backed elements, philosophical perspectives, and compelling examples that we are sure have never been shared by anyone in the way they will be used in this engagement. This presentation will explore the history of mentorship, discuss the importance of certain relationships, perfectly blend relevant elements of my story, examine a bunch of research, including research I personally conducted, give many pointers on the self-work we need to do before and during the mentorship experience, among much more. This is one of the most dynamic presentations one will experience, as mentorship is not exclusively examined through the lens of positivity. For example, will one of the examples of mentorship share glaring similarities to one of the darkest times in American history? This is a presentation you do not want to miss, and anyone opting into mentorship will take away an overwhelming amount of quality information to ensure an intentional and worthwhile experience with their mentee.

"To know that someone in your life is listening not only so they can offer insight, but someone who seems to be invested in what's being said, and is clearly finding ways to learn themselves or trying to understand your perspective is a priceless asset." -Jeffrey (From the *Purposeful Mentorship* presentation)

Is Leadership The Right Path?- Before any idea was consulted as to the construction of this presentation, two words were added to

highlight the significance of a topic of this manner: Award Winner. We understood that this presentation would be one of a kind before any element was implemented. This presentation consists of a once-in-a-lifetime topic that focuses a rare lens on the ideas of leaders and leadership. While leadership is given a moderate deal of respect in this presentation, an alternative is offered that is immensely more meaningful to how humans show up individually, on an interpersonal level, and in the workplace, among other settings. This presentation will have a groundbreaking impact on how adults, in any setting, show up stronger, more intentionally, and more productively. The purpose of this presentation was not solely created with the intention of changing lives, but to change the lens through which we view leadership forever. Research will be used and analyzed, eye-opening stories will be shared, examples of historical figures will be shared in unique ways, but most importantly and most abundantly, practical philosophical perspectives will be shed throughout that, regardless of one's quantity of experience, will shine a light in the cobweb corners of our lives that we pay little to no mind. You will more likely be overwhelmed than underwhelmed with the level of depth that this presentation covers, as noted by the fact that the engagement for this topic can be configured to three hours! The only way you would want to skip out on this is if you have complete complacency with the climate of the setting you manage, or if you lack the openness to consider a perspective that will require a great magnitude of self-work from everyone in your space.

"My hope here for today is to get us closer to acknowledging the fullness that accompanies leadership, and explore how we can ascend leadership altogether." -Jeffrey (From the *Is Leadership The Right Path?* presentation)