



Coach Nakumbe's Education for Change

Teaching the skills needed to prevent the use of alcohol, tobacco and other drugs - relationship violence and abuse - overcome conflict - solve communication problems and diversity challenges.

**Author: Get Smarter Not Even -
Practical Solutions for Teens & Parents to Get Along!**

**Nationally Renowned Parent Educator
and Youth Motivational Speaker**

Raising Awareness, Shifting perspectives and Building Character

"Coach Nakumbe's talks are emotionally powerful, intellectually penetrating, and memorable for the humor & magic that have become his trademark."

~ Dr. C Everett Koop, Former US Surgeon General

As seen on:



Minneapolis

StarTribune.com Minneapolis/St. Paul, Minnesota



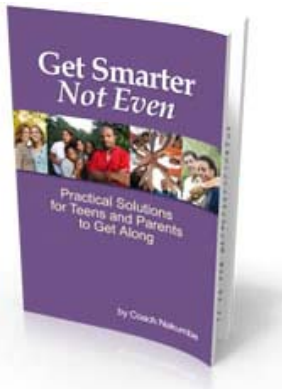
Coach Nakumbe

Speaker, Family Relationship Strategist & Mentor Coach

Who is Coach Nakumbe ...

Founder of Coach Nakumbe's Education for Change, is an award winning speaker and internationally recognized parent and mentor coach. He has over 20 years of experience of working with at-risk youth and care professionals. He's a Certified Family & Relationship Coach, Substance Abuse Prevention Specialist and Parent Educator.

Coach Nakumbe is a native of NYC, NY, a survivor of child abuse, street crime and the foster care system - now based in the Minneapolis – St. Paul Metropolitan area.



Author of: **Get Smarter Not Even - Practical Solutions for Teens and Parents to Get Along!**

Coach Nakumbe is highly passionate and focused on helping others "reveal, deal and heal" as he touches hearts, shifts perspectives and changes lives! He's created a niche as both a gifted speaker with a comic edge and a comic with a serious message.

Target Audience:

Coach Nakumbe communicates an incredibly powerful message that all young people should experience. Coach effortlessly connects with young people across the country in a spellbinding comical yet ever so powerful and emotional way.

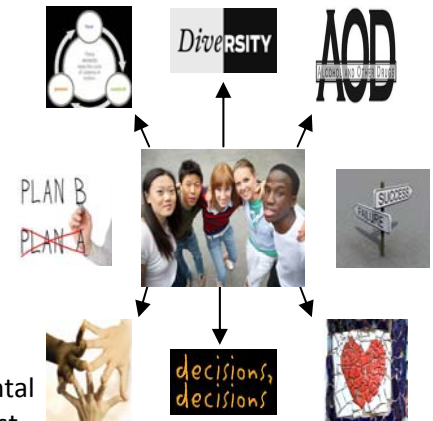
For over twenty years Coach has delivered his messages related to **Substance Abuse, Choices, The Psychology of Abuse, Relationship Abuse, Peer Pressure/Influence, Bullying in Schools, Overcoming Adversity and Diversity** in a theatrical and non-threatening style that not just entertains but teaches for long-term change.

Utilizing a variety Of techniques, models, experimental and researched best practices; he is

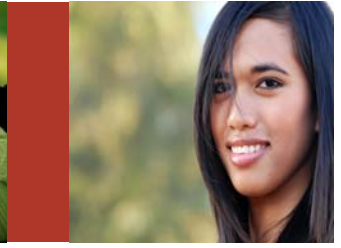
best known for "teaching with a unique style of humor and magic".

Appropriate for **Middle School, High School, and College audiences.**

*Coach also works with educators, youth workers & advocates, school administration and faculty, social services and other service personnel and most of all the parent.



"It's been very enriching working with you. I liked your sense of humor and especially the way you helped put things into perspective for me. Very pointedly, simple and clear." ~T. Nelson, Student Advisor~



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Speaking Titles:

Effective Strategies for Coping With Peer Pressure

In today's world where social vices such as drinking, smoking, joy riding, getting tattoos & piercing, having sex, among others are glamorized, it is very common to find that many young people engage in these nefarious practices. Some of these teens admit they don't like this kind of lifestyle but feel limited, stuck and even forced to participate. Coach Nakumbe discusses the reasons youth give in to peer pressure and offers strategies to overcome it.

**Strategies for overcoming peer pressure/influence*

The Psychology of Abuse for Teens

(Dating Violence)

Domestic violence is a serious problem, and it's not just an adult problem. Teens experience abuse in their relationships, too. In fact, teens and young adults are often the most at risk for domestic violence. It affects many people in many ways and it can happen anywhere and to anyone. Lots of teens do not recognize abuse when it happens or don't know how to tell whether or not a relationship is healthy. Teens will learn ways to recognize abuse early on in a relationship and create strategies to avoid victimization.

**Recognize the traits of an abuser & Identify commitments that cause to stay in unhealthy relationships & skills to break those commitments.*

Bullying In Schools

Bullying leaves an unforgettable mark on both the bully and the victim. Coach Nakumbe educates both to understand the effects of bullying type behavior and how to change it by eliminating negative behavior.

**Strategies for spot signs of bullying and understanding the consequences*

Substance Abuse - ATOD Prevention & Consequences

There is no single cause of adolescent drug problems. There are different pathways to the development of a teen's drug problems. Coach Nakumbe will explore factors that may place teens at risk for developing an on-going drug problem; to include, peer pressure/ influence, media messaging and coping / self-medicating.

**Understand causes, triggers and consequences related to ATOD*

Shifting Perspectives for Communication and Relationship Success

Coach Nakumbe will humorously examine practical strategies for youth and young adults that will broaden their knowledge base for communication and relationship success.

**Shifting Perspectives and Reframe Thinking for greater communication.*

Diversity Success—Driving Student Diversity Efforts Beyond What is Learned by the Media, Peers & Society

Times have changed, schools have changed and those that attend them have changed as well and it hasn't been easy for many. Coach offers diversity-training workshops for youth and young adults that will help them to face these challenges and come up with real solutions. Coach's workshops for teens include listening exercises, storytelling activities, interactive dialogue and challenging games that focus on diversity issues as well as others such as violence, bullying and assault.

**Problem Solving & Dissecting Stereo-types and Society Imaging*

"I am thrilled to have been able to attend 2 of your presentations. They were funny, thought-provoking and educational. In both cases, you added value to our program initiatives and over 96% of our students surveyed agreed you 'shifted their perspectives for a positive change'. Your skill and talent as a professional speaker is evident; you met and exceeded all of our expectations." ~Kattie H. Wellstone



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Top reasons to have Coach Nakumbe as your next speaker:

► Coach has an unimaginable passion for his gift as a professional speaker, which means audience members are never bored during his presentations because they experience and feel his passion, energy, excitement, and enthusiasm as he speaks.

► A LIFE CHANGING MESSAGE:

Coach brings real life stories that inspire and move your audience to tears, laughter, and a call to action.

► Coach believes learning is better when it's fun and practical. He educates audiences using a highly entertaining and interactive mode of delivery. In addition, with no additional cost attached, Coach will follow up with each agency/institution to ensure the lessons received are successfully implemented.

► Coach will speak knowledgeably, clearly and professionally on topics such as adolescent health risk to include ATOD and relationship violence prevention, how to reframe thinking and effective communication skills. The finesse with which he treats these very complex issues allows attendees to leave your sessions energized rather than overwhelmed.

Testimonials:

"Dear Coach Nakumbe, As the Executive Director of the Minnesota Association for Children's Mental Health (MACMH), I want to thank you for your thoughtful and dynamic presentations you have offered to our annual conference participants the past several years. Our attendees regularly comment on your ability to effectively address difficult topics and sensitive issues relating to adolescent behavior with real-life examples. Your willingness to engage audience members and offer practical information with a sense of humor is greatly appreciated by our attendees. I thank you for your positive contribution to our work, and I wish you continued success in your speaking engagements and other endeavors. Sincerely, " ~Deborah S. Executive Director. Duluth, MN~

"This was one of the best assemblies we have ever had. It was filled with excellent content and presented in a way that was both entertaining and educational." ~Pam Mullen-Schultz, Educator Rochester Middle School, MN

"Working with Coach was a catalyst for developing and facilitating some of the best learning experiences that I have created. His dynamic presence and presentation both energized and informed our participants. Parents and youth left not only more knowledgeable, but more importantly, believing they can change. They were clearly going to try out what they had learned."~Hester W. Coordinator, Youth Evaluation & Treatment Center, AZ~

"Coach delivered an unforgettable, highly-entertaining message that captivated and energize our audience through humor & inspiration, Thank you Coach Nakumbe." ~Beatrice O. Educator and Coordinator, Katahdin ALC, MN~

"Motivational! His comedic touch eased the passage of the point he was making; love and respect your parents. That and the magic tricks were easy on the audience, who had just awakened early, making the deep message that much easier to digest. Also, Coach's animated antics (his spirited movements) kept us engaged and on edge, waiting for the powerful message or the merry punch line he was sure to deliver. It was a morning." – Augustine. Sr. High Student



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Programs

Coach Nakumbe's programs are age appropriate and can be tailored to a specific theme with advance notice. For your agency, Coach will tailor a presentation with visual aids to match your programs needs, however, in most cases Coach only uses flip charts or handouts.

Coach's presentation will touch lives and his message will linger on long after his presentation has ended. His style of speaking with honesty, humor, and simplicity has made him an ideal choice by many organizations, schools, and associations who find his presentations inspiring, informative, and unforgettable. Professional certificates of attendance are available per request. Coach will provide handouts needed for participants to follow up with.

IMPORTANT NOTE! I am a one-man professional speaker; I have no backups or understudies. As you can imagine, **my schedule fills rapidly, sometimes 6 months to 1 year in advance.** If you don't **act NOW** you will likely have to wait, sometimes up to a year. [Call or email](#) TODAY to reserve your life-changing event!

FEES:

Public & Private School

Keynote: \$1000.00

(up to 120-minutes)

Class Room Presentations: \$300.00

(up to 90 minutes)

* Rates may vary under the following conditions:

- Multiple presentations in schools
- Multiple presentations in school districts

Colleges & Universities

Keynote: \$1800.00

(up to 120-minutes)

Non-School Affiliated Business Organizations

Keynote: \$3000

Training / Workshop: \$2500

* Rates do not include out of state travel

To receive more information or if you would like to talk directly to Coach Nakumbe about how he would fit with the event you are planning - contact Coach at the information provided below.



Contact Coach Nakumbe

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8014 Olson Hwy 55 - 197

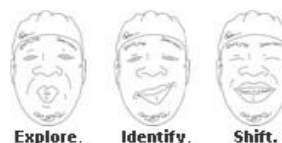
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www.getsmarternoteven.com

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Explore. Identify. Shift.
To make meaningful changes and enhance the important relationships in your life.™™

"Coach Nakumbe delivers a rare and delightful blend of stimulating ideas and practical advice. His ability to shift perspectives and skill as a coach provide the healthy nudges parents need from time to time to effect change and lead to having more cooperation, harmony and joy in their family relationships" Merci Miglino- Author Doormat to Diva