



Coach Nakumbe

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

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

The Authentic Family Relationship Strategist & Mentor Coach

"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



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Speaker, Family Relationship Strategist & Mentor Coach

Who is **Coach Nakumbe** ...

Coach Nakumbe - founder of Coach Nakumbe's Foundation for Change, is an award winning speaker, training consultant and internationally recognized coach. He has had over 20 years of experience in the social services and education field. He is a certified Family & Relationship Coach and has a PhD in Human Services Family Studies. He is currently attending Capella University for his APA accredited PhD in Counseling Psychology.

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's forthcoming book is titled: ***21st Century Socially Challenged Teens: A Pragmatic and Practical Guide on Providing Coaching and Structure to Socially Challenged Teens.***

Coach Nakumbe is highly passionate and focused on "revealing, dealing and healing" as he touches hearts, shifts perspectives and changes lives!

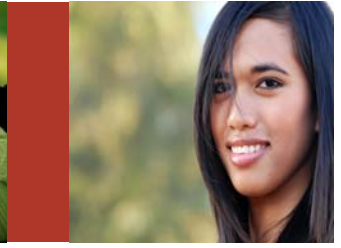
Target Audience:

Coach's work is with educators, youth workers & advocates, community professionals, schools administration and faculty, social services and other service personnel. However, he doesn't stop there... he wants all involved in a youth's life to be on the



same page, so he works in the home as well, with parents, (single, step, grand, and foster parents) as well as other care providers. He's **highly effective with youth, especially those that are socially challenged and at risk.**

"Coach Nakumbe is a highly enthusiastic and vibrant trainer. Highly attuned to various learning styles, Coach Nakumbe can connect with everybody. I walked away from one of his trainings feeling educated with valuable tools and motivated to use them. Simply excellent!" ~Brenda H, Clinical Social Worker. South Carolina~



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Top 3 reasons to have Coach Nakumbe as your next speaker:

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

▶ Coach Nakumbe is internationally known for teaching with a unique sense of humor and magic that has become his trademark. In other words, he provides his audiences with life changing content to help them get to the next level in their personal and professional life.

▶ 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 client/ agency/institution to ensure the lessons received are successfully implemented.

Fees:

Keynote: \$2500.00

(up to 120-minutes)

Workshop/Presentation: \$1500.00

(up to 150 minutes)

College, Private School Keynote: \$1000.00

(up to 90 minutes)

Public School, Non Profit: \$300.00

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 off practical information with a sense of humor is greatly appreciated by our attendees.

When putting on a conference with more than 75 workshop sessions and more than 1200 attendees, I am greatly assured to know I that I can rely on you to speak knowledgeably, clearly and professionally on topics such as adolescent cycles of violence and how to reframe thinking. The finesse with which you treat these very complex issues allows attendees to leave your sessions energized rather than overwhelmed. 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~

"What a fabulous speaker! ~Workshop Participant. Phoenix ~

"Coach Nakumbe, the educational bits you offered us were expertly presented and the techniques once applied are valuable for every facet of life." ~Sue M. Minnesota~

Hello Coach Nakumbe, I was in your teleclass yesterday and once again I was very impressed! Just by absorbing your words, your way of saying things I'm learning so much! You're full of wisdom, it's the kind of wisdom that grows by experience and from the inside. And you're also full of depth and sincere interest for people.
~Bettina B. Germany~



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Most Requested Workshops

Teens & Parents:

Get Smarter Not Even

Practical Solutions For Teens & Parents to Get Along!

(This presentation is based on Coach's book *Get Smarter Not Even—Practical Solutions for Teens and Parents to Get Along!*)

The workshop is relaxed, interactive and engaging –filled with little exercises and demonstrations that teach new skills that will help youth and parents understand each other's perspectives. (Both Teens and Parents are acknowledged & validated).

Parents:

Coach Nakumbe says

'Yes to No' Parent

Education Workshop & Series

It isn't easy being a parent these days...

From PS3 to OMG to Facebook, parents today are grappling with a new language - and a new set of challenges - that past generations never had to face. We're bucking a culture of **More** in an era of **Less**, and struggling to find the happy medium. And we need help!

The SYTN Parent Program is workshop designed to help parents raise happy, self-reliant kids. It teaches parents new skills that will help them understand (and counteract) the messages their kids are being bombarded with each day.

Say Yes to No was created by Dr. David Walsh, founder of the National Institute on Media and the Family. His research and powerful message can be read in his book: No, Why Kids of All Ages Need to Hear It and Ways Parents Can Say It

Professionals:

21st Century Socially Challenged Teens:

A Pragmatic and Practical Guide on Providing Coaching and Structure to Socially Challenged Teens

This workshop will introduce participants to coaching socially challenged teens to respond instead of react to perceived peer and social injustices and help create structure/systems that encourage positive solutions to social problems.

Schools:

Creating Opportunities for Youth Diversity Success

Driving Student Diversity Efforts Beyond What is Learned by the Media, Peers and 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 high school students 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, assault and substance abuse.

Participants of the workshops will learn problem-solving skills by engaging in real dialogue involving these types of issues.

"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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Additional 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. If you are a parent or child care provider and wonder why these youngsters engage in these practices despite all the dangers involved, then this is the workshop for you. Join Coach Nakumbe as he discusses the reasons youth give in to peer pressure and offers strategies to overcome it.

Skills Learned:

- *Understand the power of social acceptance*
- *Identify the top five adolescent health risks.*
- *Strategies for overcoming peer pressure*

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 adolescents do not recognize abuse when it happens or don't know how to tell whether or not a relationship is healthy. Educate the youth you work with and yourself about domestic violence. You will learn ways to recognize abuse early on in a relationship and create strategies to avoid victimization.

Skills Learned:

- *Recognize the traits of an abuser*
- *Techniques to communicate with adolescents without posing a threat to their situation*
- *Identify commitments that cause adolescents and young adults to stay in unhealthy relationships and skills to break those commitments.*

Adolescent Substance Abuse - Cause, Effects & Medical 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, the teen's environment, family and home dynamics. Discuss what type of treatments will work and the link between teenage drug use and overindulging parents. Medical effects of drug use will also be explored.

Skills Learned:

- *Understand causes & triggers*
- *Identify manmade and natural consequences of substance abuse*
- *Skills to address an overindulging parent*

Shifting Perspectives for Communication and Relationship Success

This presenter will humorously examine practical strategies for professionals and parents of teens that will broaden your knowledge base for communication and relationship success. Learn to build upon your resiliency and utilize your life / professional experience to develop consciousness, build upon strengths and motivate others with minimal to

Skills learned:

- *Emotional Management*
- *Communication Techniques*
- *Shifting Perspectives and Reframe Thinking*

*“Very engaging & entertaining,
would make a great keynote
speaker on
ANY topic”*

~Participant Denver~



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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. Professional certificates of attendance are available per request. Coach will provide handouts needed for parents or care providers 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!

Hello Coach Nakumbe, I was part of the teleclass on Friday. First I must say I found the way you lead the class was very inspiring and diplomatic. There were very sensitive issues discussed which touch one to the core. Thank you for your insight and wisdom. ~Cynthia. Neverlands~

"Coach, Thank you so very much for your workshop last night. Honestly I was exhausted, however what you had to say was very valuable. All your workshops are important, but this was one evening that will stand out above and beyond the rest. I was very moved there at the end. I know my son felt it too because he told me he loved me after we got out to the parking lot. I could see it in his eyes though when we were holding hands. Thank you for that. It truly felt to me like it brought us back to a connection that we had lost somewhere along the way. ~Mary B. Minnesota~



Contact Coach Nakumbe

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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