

REGGIE D. FORD

Motivational Speaker

Bestselling Author

Award-winning Entrepreneur



INSPIRING CHANGE THROUGH THE

POWER OF PERSEVERANCE

Reggie D. Ford

AUTHOR. ADVISOR. ADVOCATE. ACTIVIST.



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AUTHOR. ADVISOR. ADVOCATE. ACTIVIST.

"REGGIE'S STORY AND PERSONAL VULNERABILITY PROFOUNDLY INSPIRES. HE IS AUTHENTIC AND FOCUSED ON SPARKING POSITIVE SHIFTS IN UNDERSTANDING. RESILIENCE, PERSEVERANCE AND OPTIMISM SHINE THROUGH HIS EVERY WORD!"





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AS FEATURED IN

Forbes



BestColleges



USA TODAY NETWORK

ESPN

NASHVILLE BUSINESS JOURNAL

SHORT BIO

Reggie D. Ford is a sought-after motivational speaker and bestselling author of *Perseverance Through Severe Dysfunction*. By sharing his captivating journey of turning pain into peace through the process of perseverance, Reggie motivates positive change in all those he encounters. He tailors a unique approach for each audience, complemented by exceptional wisdom and contagious enthusiasm, ensuring a lasting impression.

Through his work, Reggie help organizations embrace vulnerability and persevere through pain points impeding their success.

A first-generation college graduate and former D1 football player at Vanderbilt University, Reggie brings a diverse perspective to his roles as entrepreneur, philanthropist, mental health advocate, and social activist.

In addition to speaking, Reggie is a certified yoga instructor and runs RoseCrete Wealth Management. He lives in Nashville, TN with his wife Katie and their Rottweiler, Rosie.

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HEY, I'M REGGIE!

My journey to where I am today was not accidental. Through hard work and determination, I achieved great success in the traditional sense. However, during this time, I also experienced some of the worst mental health struggles of my life. Despite the appearance of a successful life, I was plagued by anxiety, depression, and grief. I had become skilled at disguising my pain with strength and confidence.

During the darkest period of my life, I had a panic attack that left me unable to think clearly. In that moment, I had an out-of-body experience where I saw myself lying on the floor in a defeated state. This led me to ask the question that changed my life:

"HOW IN THE WORLD DID I END UP HERE?"

Asking this question led me to the answers I needed to live a more fulfilling life. I realized that I had suppressed negative feelings as a result of experiencing developmental trauma. Understanding this was liberating. The more I learned about the importance of mental health and wellness, the more compelled I felt to educate and spread awareness. I believe that wellness is for everyone, not just those who have experienced trauma. A world with supportive communities is healthier than one that stigmatizes mental health.

Through my work, I help organizations embrace vulnerability and persevere through pain points impeding their success.

WHY YOU SHOULD HIRE REGGIE FOR YOUR NEXT EVENT

WHY REGGIE?

Reggie D. Ford is a powerful speaker who aims to provide hope and inspire positive change within each individual he encounters. Through his speeches, he creates a safe space for audiences to understand, cope with, and thrive after adversity. His ability to connect with audiences on a deep, personal level, his vast life experiences, and his authenticity make his speeches relatable, valuable and engaging. Hiring Reggie for your next event is an opportunity to empower your audience to tap into their own greatness, leaving them feeling energized, inspired and motivated to achieve their goals.

WHAT OTHERS ARE SAYING!

"His inspiration came from his own life experience, and resonated with each person there, no matter the age or station in life. I was impressed and grateful for his depth, vulnerability, and passion."

"Reggie's story is amazing. His advice and guidance would be life-changing to those who fully digest it. Your talk was the highlight of the conference for me."

SIGNATURE TOPICS

- ✓ Overcoming adversity and building resilience
- ✓ Building deeper connections and sense of belonging
- ✓ Prioritizing mental health and wellbeing
- ✓ Rediscovering peace and happiness for a more fulfilled life
- ✓ Living authentically and uncovering your power
- ✓ Finding strength in vulnerability

THE PROCESS OF PERSEVERANCE: TURNING PAIN INTO PEACE

DESCRIPTION

Perseverance can be a valuable trait for organizations, as it can help to improve performance and achieve goals despite obstacles and setbacks. This speaking program will explore the process of perseverance and how to turn adversity into opportunity. Through a combination of expert insights, real-life examples, and interactive exercises, attendees will learn how to turn pain into passion, passion into purpose, purpose into power, and power into peace. By the end of the program, attendees will have a clear understanding of how to develop the mindset and strategies needed to persevere through difficult times, achieve their goals and find inner peace.

LEARNING OBJECTIVES

- Understand the concept of perseverance and how it can be used to overcome adversity
- Learn how to turn pain into passion and how passion can be directed towards achieving a specific purpose
- Develop an understanding of how to turn purpose into power, and how to use that power to overcome obstacles and achieve their goals
- Learn how to find peace through perseverance and how to maintain inner peace in the face of adversity



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EMPATHY AND UNDERSTANDING: BUILDING STRONGER RELATIONSHIPS BY EMBRACING DIFFERENCES

DESCRIPTION

Building strong relationships is key to personal and professional success, and one important aspect of building strong relationships is the ability to empathize and understand others. This talk will explore the importance of empathy and understanding in building relationships, the common barriers to empathy and understanding in relationships, and strategies for embracing differences and promoting empathy and understanding in relationships. The talk will also highlight the benefits of diversity and inclusivity in personal and professional settings. The talk will include examples of individuals and organizations that have successfully embraced differences and fostered empathy and understanding in their relationships. It will also provide practical tools and techniques that the audience can use to build stronger relationships by embracing differences.

LEARNING OBJECTIVES

- Understand the importance of empathy and understanding in building relationships
- Identify the common barriers to empathy and understanding in relationships
- Learn strategies for embracing differences and promoting empathy and understanding in relationships
- Understand the benefits of diversity and inclusivity in personal and professional settings



A man in a dark t-shirt is speaking with his hands raised, palms facing forward. He is standing in front of a dark background with a railing visible on the right side. The text is overlaid on the image.

"REGGIE IS A DYNAMIC SPEAKER WITH AN INCREDIBLE STORY TO TELL, AND HE PROVIDED CLEAR ACTION STEPS ON HOW TO BUILD AUTHENTIC CONNECTIONS AND A SENSE OF BELONGING IN ANY COMMUNITY."

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REDEFINING SUCCESS: PRIORITIZING WELL-BEING FOR A FULFILLING LIFE

KEYNOTE

DESCRIPTION

Success is often defined by external markers such as wealth, power, and status, but true success also includes prioritizing well-being. Besides, what good is money if you're miserable? This talk will explore the traditional definition of success and its limitations, the importance of well-being in achieving true success, and strategies for redefining success to prioritize well-being. The talk will also highlight the benefits of a well-being-centered approach to success, including improved physical and mental health, better relationships, and a greater sense of fulfillment. The talk will include examples of individuals who have successfully redefined success to prioritize well-being in their lives and provide practical tools and techniques that the audience can use to redefine success in their own lives.

LEARNING OBJECTIVES

- Understand the traditional definition of success and its limitations
- Identify the importance of well-being in achieving true success
- Learn strategies for redefining success to prioritize well-being
- Understand the benefits of a well-being-centered approach to success



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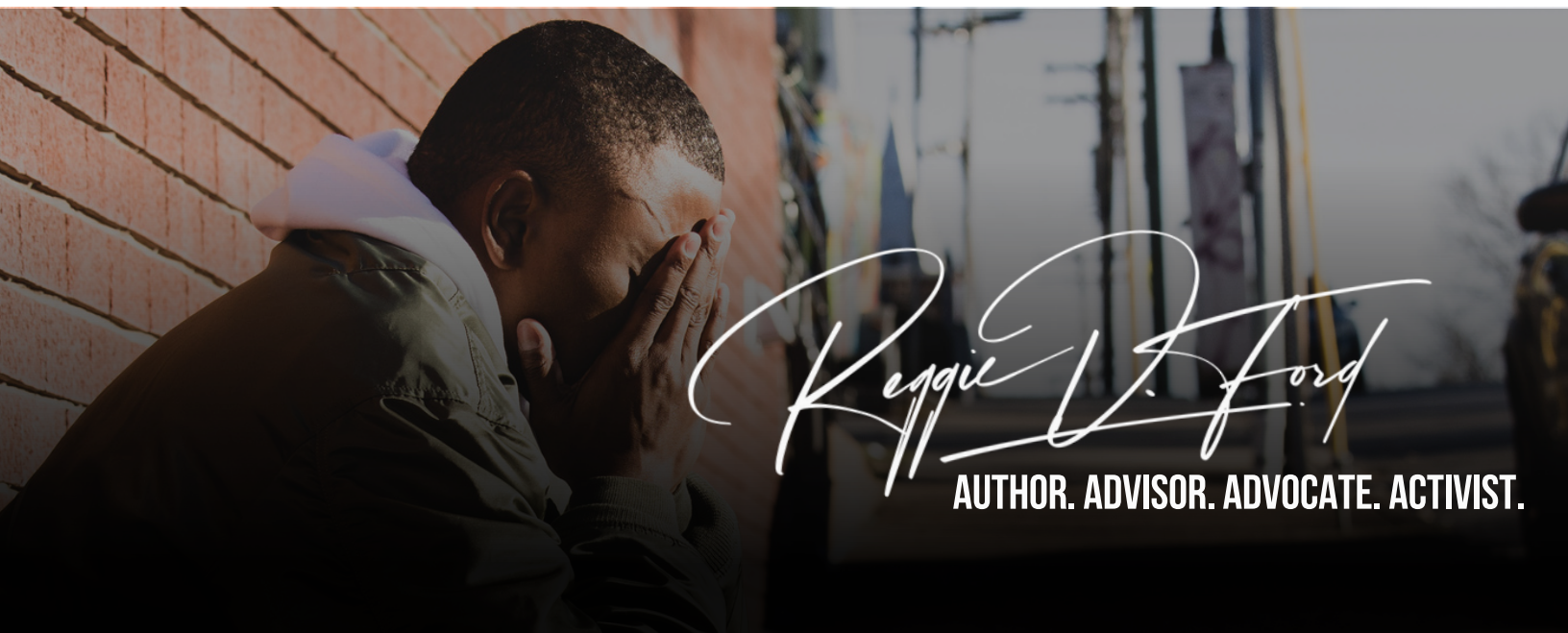
EMBRACING VULNERABILITY: THE KEY TO TRUE STRENGTH AND EMPOWERMENT

DESCRIPTION

Vulnerability is often thought of as a weakness, but in reality, it is a powerful tool for building connections and fostering personal growth. This talk will explore the concept of vulnerability, including its definition, importance in personal and professional life, the relationship between vulnerability and strength, the common misconceptions about vulnerability, and strategies for embracing vulnerability and developing strength through it. The talk will include examples of individuals who have successfully embraced vulnerability in their lives. It will also provide practical tools and techniques that the audience can use to cultivate vulnerability and strength in their own lives.

LEARNING OBJECTIVES

- Define vulnerability and its importance in personal and professional life
- Understand the concept of vulnerability and its relationship to strength
- Identify the common misconceptions about vulnerability and its relationship to weakness
- Learn strategies for embracing vulnerability and developing strength through it



"WITHIN MINUTES REGGIE WAS ABLE TO ENGAGE OUR STUDENTS WITH HIS EXPERIENCES OF STRUGGLE AND SUCCESS. HIS "OPEN-BOOK" APPROACH TO PRESENTING ALLOWED OUR STUDENTS TO FEEL SAFE IN SHARING THEIR OWN STRUGGLES THAT HAVE OTHERWISE BEEN KEPT HIDDEN BENEATH TOUGH EXTERIORS."

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THE ART OF PEACE AND HAPPINESS: STRATEGIES FOR LIVING A FULFILLING LIFE

DESCRIPTION

Inner peace is a state of being that allows us to feel calm, content, and at ease, regardless of the external circumstances. This talk will explore the concept of inner peace, including its definition, importance in personal and professional life, common obstacles to inner peace, and strategies for achieving and maintaining inner peace. The talk will also highlight the importance of mindfulness and self-awareness in achieving inner peace. The talk will include examples of individuals who have successfully achieved inner peace in their lives and practical tools and techniques that the audience can use to cultivate inner peace in their own lives.

LEARNING OBJECTIVES

- Understand the concept of inner peace and its importance in personal and professional life
- Identify common obstacles to inner peace
- Learn strategies for achieving and maintaining inner peace
- Understand the importance of mindfulness and self-awareness in achieving inner peace



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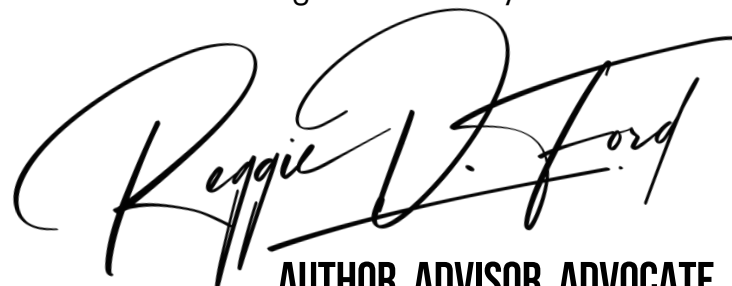
UNCOVERING YOUR POWER: THE JOURNEY TO LIVING AUTHENTICALLY

DESCRIPTION

Living authentically means being true to yourself, rather than conforming to societal expectations or living inauthentically to please others. This talk will explore the concept of authenticity, including its definition, importance in personal and professional life, the relationship between self-awareness and authenticity, the common obstacles people face when trying to live authentically and strategies for developing self-awareness and living authentically. The talk will include examples of individuals who have successfully embodied authenticity in their lives. It will also provide practical tools and techniques that the audience can use to cultivate authenticity in their own lives. Participants will leave the program with a renewed sense of purpose and the tools they need to live an authentic and fulfilling life.

LEARNING OBJECTIVES

- Define authenticity and its importance in personal and professional life.
- Learn strategies for uncovering their authentic selves and identifying their personal values and beliefs.
- Identify the common obstacles that people face when trying to live authentically
- Learn strategies for developing self-awareness and living authentically



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A man in a dark suit and light shirt is speaking on a stage. The background is a blue wall with a geometric pattern of triangles. To the right, there is a large white logo consisting of a hexagon with a circle inside, containing the letters 'CF'. Below the logo, the text 'THE COACH' is visible in large, bold, white letters, and 'NASHVILLE' is written in smaller white letters below it. The man is holding a book or a set of papers.

**"AUTHENTIC, INSPIRATIONAL, AND
INCREDIBLY RELEVANT FOR ALL
LEADERS."**

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WAYS TO CONNECT

GET THE BOOK

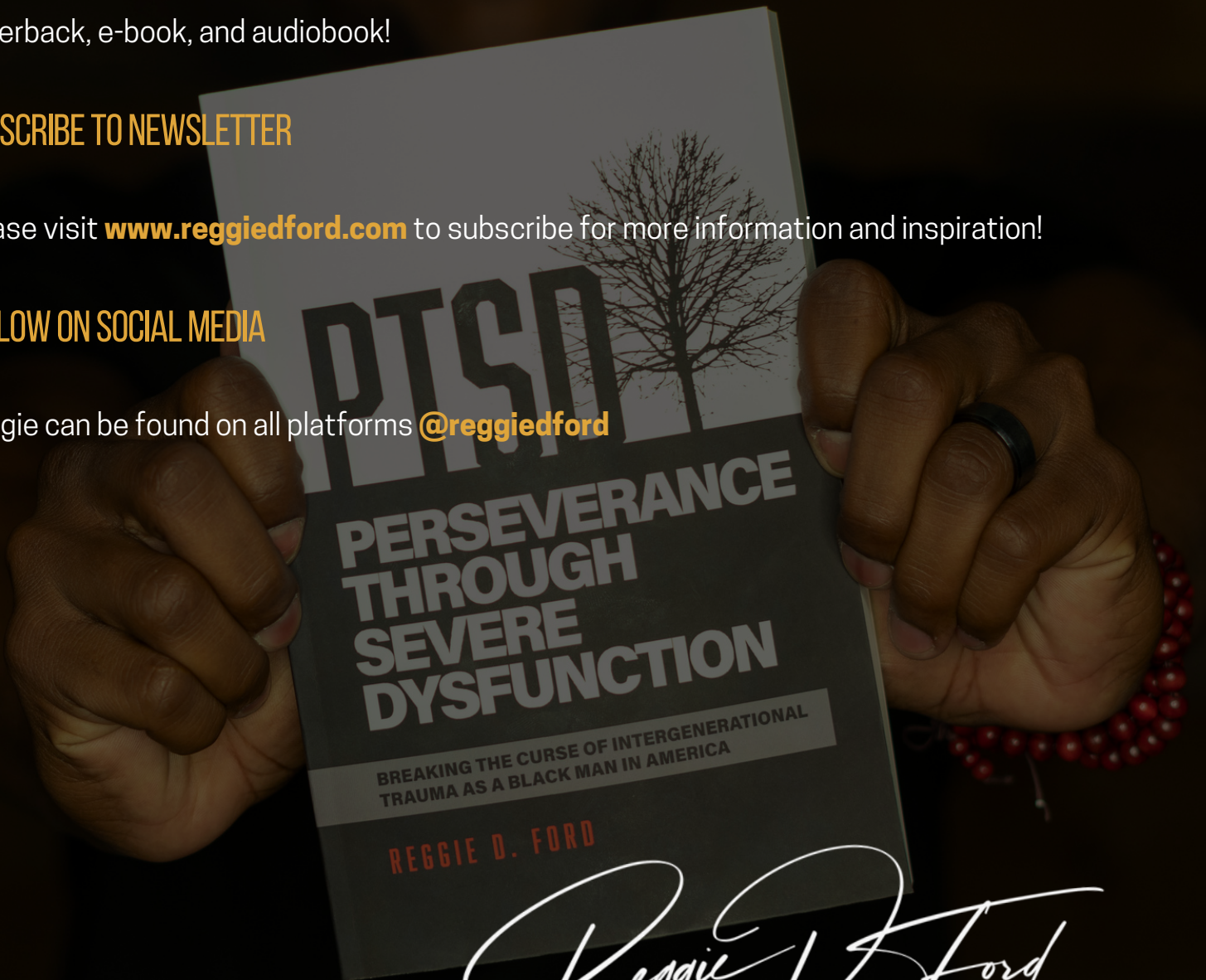
Perseverance Through Severe Dysfunction: Breaking the Curse of Intergenerational Trauma as a Black Man in America can be found wherever books are sold. The book is available in hardcover, paperback, e-book, and audiobook!

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Reggie can be found on all platforms [@reggiedford](https://www.instagram.com/reggiedford)



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A portrait of Reggie D. Ford, a young Black man with a short haircut, wearing a dark turtleneck and a light-colored blazer. He is smiling and looking directly at the camera. The background is a blurred outdoor setting with a building and trees. The image is overlaid with a pattern of small white stars and a larger pattern of golden hexagons at the bottom.

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THE JOURNEY STARTS HERE

TIME TO PERSEVERE

I WOULD BE HUMBLLED AND HONORED IF YOU WERE TO CHOOSE ME TO SPEAK AT YOUR NEXT EVENT. TO GET IN TOUCH, PLEASE SEND ME AN EMAIL AT INFO@REGGIEDFORD.COM OR VISIT REGGIEDFORD.COM.

THANK YOU!

