

Care & Community on Campus

with Carlos Andrés Gómez

Carlos Andrés Gómez creates custom-tailored, immersive experiences and interactive trainings that galvanize students, staff, and faculty toward creating an environment characterized by care, connection, respect, and a deep sense of community. Carlos gives participants actionable tools and strategies to implement in their lives.

Carlos' engagements typically include one or more of the following: a performance (of poetry, storytelling, and audience interaction) followed by Q and A, a keynote addressing a specified theme or topic, one of his acclaimed interactive workshops, a curated class visit, generative writing symposium, or a facilitated training/Professional Development seminar for staff, faculty, or administrators.

Carlos often does half-day and full-day (or multi-day) residencies that combine several of the aforementioned programming options, each of which can be geared toward students, staff, faculty, administrators, parents, or alumni.

**SPEAKER | AUTHOR |
CARE & COMMUNITY STRATEGIST |
EDUCATOR | POET**

“Powerful and tear-jerking...a mind-blowing, perspective-changing experience.”

— Shannon Busta, *Cord Weekly*



CARE & COMMUNITY ON CAMPUS

TESTIMONIALS

Carlos Andrés Gómez has delivered keynotes and facilitated workshops at more than 1,500 colleges, universities, and independent schools across 47 U.S. states, collaborated with John Legend on a project to counteract bullying, co-starred in the Spike Lee film *Inside Man* with Denzel Washington, and drew a standing ovation at the Obama White House. A trained facilitator, experienced speaker, and care and community strategist with more than 20 years of experience, Carlos is a passionate advocate for healthy masculinity and making spaces more care and community-centered for all. He is also the International Book Award-winning author of the poetry collection *Fractures* (selected by Pulitzer Prize winner and 19th U.S. Poet Laureate Natasha Trethewey as the winner of the Felix Pollak Prize) and the memoir *Man Up: Reimagining Modern Manhood* (Penguin Random House, 2012). A star of HBO's *Def Poetry Jam*, you may recognize Carlos from his viral poems, "What Latino Looks Like," "Where are you really from?" and others, which have garnered more than 12 million views online.

A graduate of the University of Pennsylvania and the MFA Program for Writers at Warren Wilson College, Carlos was named 2021 Georgia Author of the Year by the Georgia Writers Association, Artist of the Year at the 2009 Promoting Outstanding Writers Awards, and a 2024 NACE Speaker of the Year nominee. He is a proud Colombian American and father of two.



Carlos is without a doubt one of the best performers we have had on the Berry campus. It is so nice working with someone who is so helpful, so grateful, and an all-around joy to work with. And you can quote me on that.

— Taylor Burfeindt, Krannert Center Activities Board, Berry College

The event was incredible. Every student who came was extremely impressed with Carlos...I had seniors coming up to me telling me that Carlos was the best speaker they had seen in four years.

— Elizabeth Stanfield, Co-Chair, SEAT, University of Tennessee

That was the best convocation we have ever had—I left with a full heart!

— Makenzie Tucker, Diversity Awareness Chair, Tennessee Wesleyan University

Spellbinding, vulnerable, and powerful...His show makes you feel like he is on stage performing for millions and having a one-on-one conversation with you and your heart all at the same time.

— Jeffrey Perera, Founder/Chairperson, Ryerson White Ribbon Campaign (Ryerson University)

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SELECT TOPICS

Tools for Self-Care: Mental Wellness & Emotional Resilience

In a time of unprecedented stress, anxiety, and isolation, the need for strategies to promote mental wellness and build emotional resilience are more urgent than ever. With building pressure to find ever innovative and responsive ways to address our intensifying mental health crisis, this session will be focused on ways to keep attendees motivated and supported, both individually and communally. This skills-based session will identify ways to navigate challenges to our mental and emotional well-being. From routine building to evidence-based psychological strategies and more, participants will leave with practical tools and a resource list for how best to support their mental and emotional wellness.

Takeaways:

- Attendees will **build competency and awareness** about concepts related to mental and emotional health and evidence-based strategies for mental wellness and emotional resilience.
- Attendees will **examine the effect** of various strains on their mental and emotional wellbeing, as well as strategies for alleviating those stresses.
- Attendees will **identify concrete strategies** to promote mental wellness and emotional resilience.

Care & Community: At the Intersection of Wellness & Belonging

This interactive session will explore the interconnected nature of culturally-affirming spaces and holistic mental and emotional wellness. Gómez will explore and identify actionable tools for promoting mental and emotional well-being through culturally-responsive and evidence-based strategies that enable classrooms and campuses to be more care-centered and community-oriented environments for all. Participants will leave this skills-based session with tools and strategies to immediately implement in their lives.

Takeaways:

- Attendees will **build competency and awareness** about mental and emotional health, social identity, and community.
- Attendees will **examine the effect** of various strains on their mental and emotional wellbeing, as well as strategies for alleviating those stresses.
- Attendees will **identify concrete strategies** to promote mental wellness and emotional resilience, as well as ways to be more culturally-responsive, accessible, and community-oriented.

Reimagining Gender: Beyond Socialized Roles, Beyond the Binary

This interactive session will examine the ways in which we have been taught to think about gender. More specifically: What values and assumptions have we been socialized to believe about gender? And how do those ideas impact how we think about ourselves, navigate the world, and interact with each other? How do our other identities (i.e. race, sexuality, socioeconomic status, nationality, religion, dis/ability, etc.) impact how we understand and experience gender? Participants will collectively explore these and other concepts.

Takeaways:

- Participants will **comprehend concepts** related to gender, care, and community.
- Participants will **build competency and awareness** about societal and cultural messages, best practices, and how to build healthier, more fair, and productive spaces.
- Participants will **examine the effect** of friends, family, culture, technology, and media on behavior and ways of thinking, as it relates to gender.



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For further information on booking Carlos and his availability, please contact:

booking@carloslive.com



TESTIMONIALS

Carlos Andrés Gómez has performed for our Centennial College students in Toronto, Canada four times. Within minutes, Carlos has a whole room of students and staff and faculty rapt with attention. His performances are powerful in their delivery and in their honesty. Students engage. They speak up. They join in. A performance by Carlos is a journey in which he leads by example in facing courageously who we are. His spoken word pieces hold our darkest secrets and fears up for us all to see, and they celebrate and call on the best of who we are to do something about it.

— Robert Pidgeon, Director of Student Relations, Centennial College

Carlos is nothing short of a sensation on our campus! Since his first performance 5 years ago he has come back every year by popular demand from students and faculty. His performances are mesmerizing and have captivated the hearts and minds of everyone who has come to his shows. Carlos creates a revolutionary space for learning in both his workshops and shows through a compelling performance of poetry, drama, political insight and humour that inspires students to think, act and be agents of change in the world.

— Dr. Jasmin Zine, Professor of Sociology, Wilfrid Laurier University

For more:

CarlosLive.com