

Care & Community in the Workplace

with Carlos Andrés Gómez

Carlos Andrés Gómez creates custom-tailored, immersive experiences and interactive trainings that galvanize colleagues and employees toward creating a work 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 will typically deliver one of his lauded keynotes, engage in conversation with a moderator on a specified theme, or facilitate an interactive, skills-based seminar. Whether he's hosted for a lunch and learn or brought in to activate your company or law firm with his distinct brand of electricity, energy, and inspiration, Carlos is unlike any other speaker you will find.

**KEYNOTE SPEAKER | AUTHOR |
CARE & COMMUNITY STRATEGIST |
POET | CONSULTANT**

"Empowering and
captivating for listeners
of all varieties."

— Kirsten Sylvain, *The Free Press*



CARE & COMMUNITY IN THE WORKPLACE

TESTIMONIALS

Carlos Andrés Gómez has delivered keynotes and facilitated skills-based trainings across 47 U.S. states and 28 countries across six continents. An International Book Award-winning author, speaker, and care and community strategist with more than two decades of experience, Carlos is a star of HBO's Def Poetry Jam and Spike Lee's Inside Man with Denzel Washington. He is also a poet and performer who has been tapped to keynote, create original commissionings, be a spokesman, and facilitate trainings for several major brands, law firms, and organizations, including Microsoft, Pepsi, Unilever, McDonald's, General Mills, Facebook, Goldman Sachs, Freddie Mac, the White House, Expo 2020 Dubai, Thermo Fisher Scientific, Macy's, and many others.

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*, released by Penguin Random House, Carlos is a magna cum laude graduate of the University of Pennsylvania and alum of the MFA Program for Writers at Warren Wilson College. He is a proud Colombian American and father of two.

Carlos is killing it—he's such a powerful speaker.

— John Legend

Carlos is amazing...His grace and power and humor demand not only that people listen, but also that they act for change—in themselves and the world around them.

— Mallika Dutt, Founder & Former President & CEO of Breakthrough

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

— Shannon Busta, *Cord Weekly*

...a truth-telling visionary.

— Sarah Higginbotham, *Brass Magazine*



CARE & COMMUNITY IN THE WORKPLACE

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 colleagues and employees 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 workplaces 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 workplace, 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.



CARE & COMMUNITY IN THE WORKPLACE

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

booking@carloslive.com



TESTIMONIALS

★★★★★ (5/5 stars) — *Gómez lays himself bare...a quarter of the audience shed tears yet the show was uplifting.*

— Bernie Greenwood, *Hairline Magazine* (U.K.)

Carlos Andrés Gómez is one of the most compelling voices of our generation...

Raw, entertaining, and empowering.

— Imani Woomera, *Slam Africa*

Powerful, empathetic, inspiring.

— Christopher Moses-Jenkins, Dean of Students, The Berkeley Carroll School

Spellbinding, vulnerable, and powerful...[He] 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

For more:

CarlosLive.com