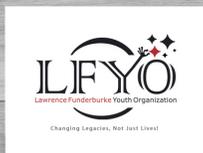


PROGRAMS

Scheduled or Customized

URBAN, SUBURBAN, & RURAL SCHOOL DISTRICTS
NON-PROFIT ORGANIZATIONS & AGENCIES



Lawrence Funderburke Youth Organization

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GOALS & OBJECTIVES



STAFF ENGAGEMENT

- To equip administrators, teachers, and support staff with the tools and templates that elevate the educational brand of the district in meeting the needs of students while exceeding the expectations of their caregivers (parents, family members, foster-care families, and adoptive guardians).
- To enhance the roles and responsibilities that administrators, teachers, and support staff have in the development and refinement of students' growth initiatives inside and outside the classroom.
- To embolden leadership personnel with the task of fulfilling the district's mission and vision while inspiring students to reach their potential personally, relationally, and intellectually.



STUDENT ENRICHMENT

- To assist young people – society's most prized possession – with the internal resources that produce noticeable external results needed to move our country, communities, and classrooms forward in a civilized fashion.
- To align students' geniuses and gifts with their goals and gains that provoke an atmosphere of growth in which the district facilitates and fine-tunes based on the unified commitment of educational excellence.
- To assuage student struggles that can derail their learning experiences and expectations based on the incoming and outgoing pain signals associated with low self esteem, anxiety, fear, parental and peer-to-peer rejection, and other challenging mental and emotional hurdles.



CAREGIVER EMPOWERMENT

- To initiate an identifiable, relatable, and sustainable pathway in which parents, family members, foster-care families, and adoptive guardians also find themselves on while pursuing the same exciting learning curve and leveraging growth platform as their child(ren).
- To instigate and inspire caregivers to set the example of change in every area of life, given that the best role models in the day-to-day development of children should be those who regularly invest in their overall wellbeing.
- To invite caregivers to accept the call of purpose (*why* life is meant to have meaning), appreciate the calling out of purposefulness (*how* life is meant to be lived and loved), and attack the called oversight of being purpose-led (*where* life morphs and merges into a faith-guided legacy).



FIRST HALF

Select options that generate interest for your school or district.
Allow 60 - 75 minutes for each session, workshop, or activity.

- **September**
- **October**
- **November**



SEPTEMBER

STAFF ENGAGEMENT OPTIONS

STUDENT ENRICHMENT OPTIONS

CAREGIVER EMPOWERMENT OPTIONS

- What's Your Leadership DNA? (Part I)
- The Art and Science of Civil Discourse
- The Mental Long Haul: Are You Adequately Prepared? (*Preparedness Month*)

- Get Out of Your Comfort "Clique" Zone (*Friendship Month*)
- "Does My Life Really Matter?" (*Suicide Prevention Month*)
- The Brand Called You: It's More Valuable Than You Think

- "Lifelong Learner? Sign Me Up Today!"
- You Can't Be a Caregiver If You're Not Caring for Yourself
- The Book of Your Life Story: Bad Start, Better Finish (*National Book Month*)

OCTOBER

STAFF ENGAGEMENT OPTIONS

STUDENT ENRICHMENT OPTIONS

CAREGIVER EMPOWERMENT OPTIONS

- What's Your Leadership DNA? (Part II)
- How to Teach and Reach Students through Their Dominant Cerebral Lobe Profile
- The Change Mandate: The Buck Stops Here (*Principals Month*)

- Think About "It" Before You Text This or Post That (*Bullying Prevention Month*)
- "Help Me, I'm Really Struggling Upstairs" (*Mental Illness Awareness Month*)
- The Gift Inside You: What You Were Born to Do Is Your Debt to Humanity

- The Value of It All: What Drives You is Driven by This
- The CARE Factor: It's the Key to Great Caregiving
- "Living a Life of Purpose in Spite of My Circumstances"

NOVEMBER

STAFF ENGAGEMENT OPTIONS

STUDENT ENRICHMENT OPTIONS

CAREGIVER EMPOWERMENT OPTIONS

- What's Your Leadership DNA? (Part III)
- Culture Isn't Everything, but It Explains a Lot of Things
- Financial Mindsets: Preparing for the New Year (*Sociopsychonomics* Book)
- A Heart of Gratitude: Thanksgiving Every Day
- How To Heal When You're Hurting, Hurdling, and Hauling (*Home Care and Hospice Month*)
- Lane Change U: Shifting Gears to Grow into Your Academic Potential
- An Attitude of Gratitude Lifts You to Your Altitude of Solitude
- Why Your Health Matters from a Holistic Point of View
- Your Financial Snapshot: The New Economic Year in Focus



ENGAGEMENT.
ENRICHMENT.
EMPOWERMENT.

SEPTEMBER OPTIONS

What's Your Leadership DNA? (Part I)

In Part I, this timeless truth is echoed ... *Leadership is not a book that you read but a bond that redefines you and those under your care.* Of course, leading others should always bring out the REAL you. In this interactive session, participants will uncover, discover, or recover their unique, leadership profile in guiding others down the path of perpetual growth. Ready to leave your mark?

Get Out of Your Comfort "Clique" Zone

Young people (and even adults) recruit or gravitate to individuals who fit within their social circle. Yes, it's human nature, but not ideal if relational growth is a pressing goal. Students will be given a framework – with applicable incentives and scaffolding requirements – to enlarge their friendship network and social net worth.

Lifelong Learner? Sign Me Up?

The best role models for a child's educational development fall under the care, well, of caregivers. Yes, that special teacher can provide the impetus to learn, but that involved caregiver can fuel that insatiable thirst for wisdom. *Children model what they see their parents prioritize, especially on the intellectual or academic enhancement side.* In fact, learning can (and should) be automatic!

The Art and Science of Civil Discourse

What does it take to bring people together? A bridge, complete with entry points – where we meet on common ground touch points – and exit ramps – where we go on the journey set before us through common sense solutions. Mr. Fundy's candid insights and diverse life experiences crystallize how people with notable differences can achieve brokered unity ... if they so choose.

"Does My Life Really Matter?"

Our young people may not express this audibly, but many of them are rehearsing and rehashing internally whether their life even matters. Without purpose, the cadence of self harm or suicide will grow louder and more bolder. Their life and contributions to our world – as Mr. Fundy points out – are notable. No doubt about it.

You Can't Be a Caregiver If You're Not Caring for Yourself

Taking care of children isn't easy. It can be an exhausting ordeal and thankless job where outflows of care often exceed inflows of support by a wide margin. Reciprocity may not be sought, but it does need to be caught. Practical tips, tools, and templates for caregivers to care for themselves while patiently caring for others will be highlighted.

The Mental Long Haul: Are You Adequately Prepared?

The education arena is a grueling profession, especially today. Like sports, the season can bring out the best (and unfortunately worse) in a team and their fans. Momentum is needed to keep a teacher and team focused on the task at hand when fatigue, disappointment, and pain show up or show out. Mr. Fundy's sports background and inspirational pedigree will be used to convey powerful truths to help educators excel throughout the school year when "*occupational lactic acid*" builds up.

The Brand Called You: It's More Valuable Than You Think

Students are often unaware that their future earnings could be impacted – good or bad – by the personal brand displayed today. Young people know a lot about brand awareness, what products and services make a statement or those that fall into obscurity, never to be heard from again. However, personal brand development is rarely on their radar screen. This power-packed activity will assist participants (and educators) in identifying and creating a personal brand statement that can speak for itself without saying a word.

The Book of Your Life Story: Bad Start, Better Finish

Caregivers must be cognizant of the fact that even when they're not writing, detailed information is being written about (and by) them in their own DNA. No detail is missed! Even if life started bad, the story can have a better ending. Of course, this won't happen by accident. Mr. Fundy's authorship recommendations will assist caregivers in drafting a worthwhile manuscript.

OCTOBER OPTIONS

What's Your Leadership DNA? (Part II)

We pick up the pace in Part II by helping participants understand the “secret sauce” in engaging, equipping, and empowering others. And it has everything to do with being a seasoned biochemical chef. Great teachers. Great coaches. Great CEOs. They all know how to move those under their care to new heights, without even a cursory understanding of human psychology or behavioral anthropology. This enlightening presentation will keep stakeholders locked in to Mr. Fundy's biochemical triggers.

Think About “It” Before You Text This or Post That

In our smart-device-and-social-media-crazed world, it is easy to say something that we didn't mean. Worse still, a comment that seems innocent on the surface might, in fact, be viewed as malicious bullying in cyberspace. Of course, what is shared virtually doesn't disappear even when it vanishes from the screen. No, it's stored electronically forever! Impulsivity in a brain that hasn't fully developed can be a dangerous thing. Real-life stories and practical advice are uploaded by Mr. Fundy and hopefully downloaded by young people to help them stop and think before they “hit share.”

The Value of It All: What Drives You Is Driven by This

If you ask ten people, “What does value mean?” you're likely to receive twelve different answers. To some, value is synonymous with price. For others, it is viewed as something priceless. And still more would identify it as virtuous, honorable, or excellent. In the context of caregivers, value must be seen and shown under the spotlight of guiding principles or non-negotiable standards. The five key “value” factors will inspire and challenge participants to zero-in on what really matters.

How to Teach and Reach Students through Their Dominant Cerebral Lobe Profile

Please don't get upset with me. But educators must leverage neuroscience to bring out the genius zone in their students, which can make learning dynamic and automatic. And when students *find* their genius zone for life, they also *fend* their niche in life, and more importantly, they *fund* their debt owed throughout life – what they were born to do. Inspirational learning naturally flows and follows the developmental curve or trend line of a preprogrammed, cerebral lobe profile. Passionate, productive, and purposeful people are usually operating in their genius zone or fit mode. And they wouldn't have it any other way.

“Help Me; I'm Really Struggling Upstairs!”

Did you know that 54 percent of young people between the ages of 14 to 24 have contemplated suicide? That's right, suicide. And since Covid protocols were first instituted in March of 2020, mental health related challenges are up over 600 percent. Mental struggles don't discriminate on the basis of class, color, or culture. They are equal opportunity disruptors that can destroy lives and legacies if left unchecked. Mr. Fundy's revealing commentary on his former battles in this area and that of “Ma Dukes,” his now-deceased mother who battled mental illness throughout most of her adult life, will serve as the backdrop.

The CARE Factor: It's the Key to Great Caregiving

It's been said that “people don't care how much you know until they know how much you care.” Care certainly involves the *stare* (as in presenting a child with the gift of your undivided attention). Care certainly includes the *glare* (as in praising a child for work performed that is well done). And care certainly inspires the *dare* (as in providing a child with the confidence to take calculated risks in life). Most assuredly, care is contagious because kids who've been adequately cared for will likely become care-guided caregivers as parenting adults. This formula for success is in every caregiver; it just might need to be squeezed out.

The Change Mandate: The Buck Stops Here

To be a change agent, you must first become an agent of change. And to pull this off, it's not about selling out to who you are but selling in to who you want to become. Unfortunately, we live in a world that demands change but doesn't want to initiate change. *External problems are the mere result of internal protests.* Without change, nothing that needs to change – every one of us – will ever change. Mr. Fundy, a man who has had to embark on the betterment journey throughout his teenage and adult years, will help staff members get comfortable being uncomfortable with change.

OCTOBER OPTIONS (Cont'd)

The Gift Inside You: What You Were Born to Do is Your Debt to Humanity

Greatness is embedded in human DNA. Talents, abilities, and skills must be recognized and refined to fulfill a life worth living. So many young people are sleeping on their giftedness. They tend to struggle with the identification part and indemnification partition ... “What are my strengths?” “Why am I special?” “How do I even share what separates me from others?” Ah, a negative self image is at the heart of these doubt-driven hangups. While extending great care, Mr. Fundy will politely nudge these fence-sitters to take a chance. They have everything of value to gain and nothing insignificant to lose.

“Living a Life of Purpose in Spite of My Circumstances”

Inspiration. Aspiration. Perspiration. Purpose is motivation-guided work, but the lifelong rewards and legacy awards will pay dividends for years to come. To pursue purpose is a choice; it's never by force. However, it does push, pull, or propel buy-in “risk takers” to achieve meaning when things appear meaningless. Purpose is about principles, not circumstances. It doesn't wait for that ideal moment to get going. In fact, that movement will never be that moment. *Feelings can fool you, but faith can fuel you.* Now you know why certain people are always gassed up with some place to go.

NOVEMBER OPTIONS

What's Your Leadership DNA? (Part III)

In Part III, momentum has been generated to run the leadership race in this gift-development space to help those under your care end up in a better place. *The Law of the Lead* will take center stage (as well as other pertinent laws), which is also affectionately known as the *Law of Appreciation*. No leader can facilitate his or her influential game plan without first being grateful and thankful for the opportunity to do so. This sustaining spark guides committed leaders while confounding conflicted leaders. In this invigorating session, participants will learn vital keys that can unlock the mysteries behind their legacy mark.

A Heart of Gratitude: Thanksgiving Every Day

For many Americans, Thanksgiving is their favorite holiday. The turkey, side dishes, and desserts. The nationally televised football games. The bonding opportunities with friends, family members, and at times, even complete strangers. But why relegate a heart of gratitude just to a single day? Grateful students are a joy to be around. Whether you're a traditional or non-traditional educator (like Mr. Fundy), these young people rejuvenate your soul while making teaching that much more easier and enjoyable to experience. And the benefits for those young people who express heartfelt gratitude on a daily basis? Well, students will have to wait until these “residual blessings” are highlighted by Mr. Fundy.

An Attitude of Gratitude Lifts You to Your Altitude of Solitude

It's true. Grateful people are more peaceful (and enjoyable to be around) than ungrateful people. Perhaps this has a lot to do with the altitude in which they soar. An attitude of genuine gratitude provides that 30,000 view to assess life – even a challenging one – from the lens of indebtedness. Instead of seeing the cup half empty, life is seen as half full. Instead of musing over coulda-woulda-shoulda regrets, “I can ... I shall ... I will” internal promptings are embraced. Instead of finding fault with everyone else, you prefer instead to focus on the gems hidden inside society's troubled souls. Without perspective, gratitude can't fly. Caregivers must intuitively know or be picked up by this.

Culture Isn't Everything, but It Explains a Lot of Things

Culture – the ecosystem of an organization – is more than just a cute buzzword. It means something and explains a lot of things. It speaks volumes about organizational aptitude (or ineptitude), employee attitude, and results-oriented altitude. It's the spark of life inside a school district, a company, or a sports team. *Purpose drives it, but privilege defines it.* Unfortunately, privilege has negative connotations these days. But its significance, in lieu of culture, keeps the entitlement bug at bay. In other words, the script is flipped. You owe the debt of appreciation, instead of being owed the payment of commendation. Stick with Mr. Fundy; your vantage point on culture will never be the same.

NOVEMBER OPTIONS (Cont'd)

How to Heal When You're Hurting, Hurdling, or Hauling

Pain. The mere mention of the word can be, well, quite painful. Why? Because sad and bad memories wouldn't have it any other way. Pain comes with the territory of abuse, abandonment, and abasement. To run from the triggers of pain only makes things worse. That real fear is never properly dealt with. That real struggle is never adequately confronted. *That real drop by someone of trust is never carefully picked up, shattered piece by shackled peace.* Our young people are suffering, some immensely and immeasurably so. They are numb, and this shows up at the most inopportune time – when they are being asked to learn in a classroom setting. These kids can't; pain won't allow them.

Why Your Health Matters from a Holistic Point of View

It's time to embrace this taboo subject. What we eat matters. How we exercise matters. Why we need sufficient rest matters. Where we find genuine peace matters. Who we bond with matters. Without a holistic approach to healthy living, our society will continue to get sicker – on every level. *Of course, pathogens (aka viruses) thrive on fear and feast on a nutrient-depleted body.* As uncomfortable as this topic is, it can be caregivers most prized possession. More energy. Better mood. Greater clarity of mind. The list of benefits is practically endless. Caregivers who look after our young people deserve the best. And a health improvement plan (HIP) is the roadmap to place them on their journey.

Financial Mindsets: Preparing for the New Year

Are there distinct differences in how we, as a collective society, handle personal or family finances? Yes. Our upbringing and life experiences growing up have likely shaped and influenced our worldview around economic matters. This doesn't mean they're bad, just different. In this enlightening presentation, Mr. Fundy's candid and, at times, humorous insights will help participants discover their Sociopsychonomic filter. Bad financial habits and self-sabotaging money scripts can be broken with the right frame of reference, choice architecture, and newfound confidence – how effective decisions can (and should) be made around financial matters.

Lane Change U: Shifting Gears to Grow into Your Academic Potential

Change occurs when students accept the opportunity to grow beyond where they currently stand to become better than their former selves. *Every child might not be an honor roll student, but every mind can excel intellectually.* Academic progress has everything to do with the activating process. Our young people don't need to be called out; they need to be called up to a higher standard, one they set for themselves. That's what Lane Change U is all about, helping students (staff and caregivers) get up to speed in the progress or get left behind in the process. Young and seasoned minds alike can't change lanes until they first shift gears. Mr. Fundy will meet students where they are, and provide practical steps to help them fulfill their vast academic potential.

Your Financial Snapshot: The New Economic Year in Focus

Mental models. Navigable roadmaps. Contingency planning blueprints. These three pillars are needed to achieve financial wellness, especially in an environment where economic news can be deflating. In this fast-paced and interactive workshop, Mr. Fundy will highlight the five key areas of life and financial planning and how they correspond to the five positions on a basketball court. A working game plan to reduce stress, boost financial IQ, improve cash flow, protect both sides of the balance sheet, and create a value-driven roadmap and winning legacy template will be outlined. Only general financial planning information will be shared, for example, rule of thumb averages and metrics, terms, and economic concepts.



SECOND HALF

Select options that generate interest for your school or district.
Allow 60 - 75 minutes for each session, workshop, or activity.

- **February**
- **March**
- **April**
- **May**



FEBRUARY

STAFF ENGAGEMENT OPTIONS

STUDENT ENRICHMENT OPTIONS

CAREGIVER EMPOWERMENT OPTIONS

Real Talk on Race in America (undiluted version) *(Black History Month)*

Cultural Capital: How to Build Bridges in Color-Coded America *(Black History Month)*

Tune Up, Tuned Out: Time to Look Under the Hood *(Time Management Month)*

Real Talk on Race in America (diluted version) *(Black History Month)*

Color is Only Skin Deep *(Black History Month)*

Do You Know What Time It Is? *(Time Management Month)*

Real Talk on Race in America (undiluted version) *(Black History Month)*

The Racial Divide: A Line We Must Erase Together to Make America Better *(Black History Month)*

Why Change Is So Hard to Embrace and What You Must Do to Appreciate It *(Time Management Month)*

MARCH

STAFF ENGAGEMENT OPTIONS

STUDENT ENRICHMENT OPTIONS

CAREGIVER EMPOWERMENT OPTIONS

Health Investment = Wealth Transfer *(National Nutrition Month)*

Leadership Ethics: It's All About Character *(National Ethics Awareness Month)*

Racial Blind Spots: Avoid Them at Your Own Peril

So You Want to Be a Social Activist? *(National Social Work Month)*

Cracking the Code of Character Leadership *(National Ethics Awareness Month)*

Biochemical Chef: How to Feed Yourself and Others Well

Mr. Fundy's Math Basketball Challenge

Checkup Soup for the Soul *(National Humor Month)*

The Model, Moral, and Mural Codes of Character Is You *(National Ethics Awareness Month)*

The Oxytocin Effect: A Woman's Special Touch *(National Women's History Month)*

APRIL

STAFF ENGAGEMENT OPTIONS

STUDENT ENRICHMENT OPTIONS

CAREGIVER EMPOWERMENT OPTIONS

- | | | |
|--|--|--|
| <input type="checkbox"/> Mr. Fundy's Financial Planning Playbook for Educators (<i>National Financial Literacy Month</i>) | <input type="checkbox"/> The Entrepreneur in You! Getting Started in Business (<i>National Financial Literacy Month</i>) | <input type="checkbox"/> Mr. Fundy's Financial Planning Playbook for Caregivers (<i>National Financial Literacy Month</i>) |
| <input type="checkbox"/> Out of Order to Reframe Their Border (<i>Garden Month</i>) | <input type="checkbox"/> Compound Interest: The Eighth Wonder of the World (<i>National Financial Literacy Month</i>) | <input type="checkbox"/> Discovering Your Sociopsychonomics Filter (<i>National Financial Literacy Month</i>) |
| <input type="checkbox"/> Stress Freed Educators: It's Much Easier to Pull off Than You Think (<i>Stress Awareness Month</i>) | <input type="checkbox"/> Chill Out! Why Add Unnecessary Stress to Your Young Life? (<i>Stress Awareness Month</i>) | <input type="checkbox"/> Chill Out! Why Add Unnecessary Stress to Your Caregiving Life? (<i>Stress Awareness Month</i>) |
| | <input type="checkbox"/> Mr. Fundy's Math Basketball Challenge | |

MAY

STAFF ENGAGEMENT OPTIONS

STUDENT ENRICHMENT OPTIONS

CAREGIVER EMPOWERMENT OPTIONS

- | | | |
|---|---|---|
| <input type="checkbox"/> The Five P's That Can Negatively Impact Mental Health (<i>Mental Health Awareness Month</i>) | <input type="checkbox"/> The Five P's That Can Negatively Impact Mental Health (<i>Mental Health Awareness Month</i>) | <input type="checkbox"/> The Five P's That Can Negatively Impact Mental Health (<i>Mental Health Awareness Month</i>) |
|---|---|---|

FEBRUARY OPTIONS

Real Talk on Race in America (diluted and undiluted versions)

Why is race (of the color kind) such a hot-button topic today? Is this by design? Or has the hen finally come home to roost? Speculation aside, here's what is true about this delicate and controversial subject: we need to deal with it in a proactive and constructive manner without blaming, shaming, and finger-pointing. America can't kick this can down the road anymore; it's at our front doorsteps. Districts across the country are tackling this issue one contentious school board meeting at a time. However, far too many of them do so through the lens of left vs. right politics. This divides us as a fractured nation even more. Mr. Fundy's remedy: initiate candid discussions on race with proper guidelines and guardrails. *But if race becomes the central issue of societal ills, we lose the race every time.*

Cultural Capital: How to Build Bridges in Color-Coded America

Spoiler alert. We're more alike than we are different. Color, class, culture, conviction, and condition may describe us but shouldn't be the litmus test to divide us. Mr. Fundy's definition of *cultural capital* is this: The goodwill generated by an individual, family, or organization in meeting the needs, fulfilling the expectations (within reason), and addressing the concerns of communities of color. To build a bridge, three things are needed. First, the foundation must be rooted on firm ground. Second, an infrastructure or scaffolding system must be secured. Third, the overpass needs an entry point and exit ramp for passengers to cross over. Are you ready to do your part?

Color Is Only Skin Deep

Did you know that homo sapiens, regardless of ethnicity, share 99 percent of the same gene pool? So why are we allowing the 1 percent difference to divide us along racial lines? Yes, we have to go here in order to get there. The "there" is a better place in our country to break free from this bitter space in our communities and classrooms. Truth be told, young people are less concerned about color-coded discussions on race than adults are. In fact, they're more worried about the color palate of their outfit (and who likes or dislikes it) than the pigmentation of someone's skin. Human, humane, and humanity touch points will provide the platform to unify staff, students, and caregivers alike.

The Racial Divide: A Line We Must Erase to Make America Better

Martin Luther King, Jr. carried a huge, imaginary eraser with him while locked in his customary jail cell. He even extended an olive branch to white moderates, most of whom were Christians, but the overture to join King's eraser moment wasn't well received. In fact, he was ignored. Fast forward to today, America can't make the same mistake. *Regardless of who brings the eraser, the racial divide must be erased.* As caregivers, our children model what we do, repeat what we say, and see what we refuse to address. Yes, they know something just isn't right in the Land of the Free and Home of the Brave. The eraser moment with Mr. Fundy will allow us to complete MLK's legacy.

Tune Up, Tuned Out: Time to Look Under the Hood

The time for change is now. A Heisman stiff-arm must be given to keep the status quo at bay. As educators, routine is often the norm. But to reach your potential — inside and outside the facilitation arena — you must be intentional about growth initiatives. *Signs, signals, and signature moments show up to alert you that change needs to show out, that is, the willingness to embrace it.* In this riveting session, Mr. Fundy will provide staff with a tune up to avoid being tuned out as the school year advances and energy reserves wane. Tire rotation (How are you wearing out or wearing up emotionally?) Oil change (What is causing you to overheat or underheat inspirationally?) Windshield wiper fluid fill up (Where is your focus being clearly seen or distorted schematically?)

Do You Know What Time It Is?

Tik Tok rhymes with click clock. Our young people need to know what time it is because opportunity gaps have never been wider. And every student deserves a legitimate chance at success, academically or otherwise. Of course, time negligence can short-circuit their limited window of opportunity. Distractions abound to keep

FEBRUARY OPTIONS (Cont'd)

young minds hooked on superficial rewards on net-friending sites. *Social media has its place, but it should never be the replace.* For authentic relationships with real people. For validation and affirmation hugs from really sincere people. For purpose and meaning in life alongside realigned people. This activity lesson will assist students in being more diligent about their time, a precious non-renewable resource.

Why Change Is So Hard to Embrace and What You Must Do to Appreciate It

Change is hard. Change is sometimes hardheaded. Change is always hardcore. The problem most people have with change? Their budget. *A payment made does not equal an investment secured.* To produce change, whatever it costs to bring it to pass must be paid without using credit. In fact, ongoing capital infusions – energy, effort, and enthusiasm, to name a few – are needed to generate lasting change. And if change isn't traceable and trackable, frustration sets in and that moment of growth has been lost, likely forever. Mr. Fundy will offer caregivers a tailor-made change packet with step-by-step instructions. Of course, changeable parts must be assembled by the customer.

MARCH OPTIONS

Health Investment = Wealth Transfer

It's been said that health and wealth go together like peanut butter and jelly. They might be recognized companions but this doesn't make them reciprocal substitutes. Wealth doesn't equal health, but health does transfer to wealth. Why? Because without wellness, money is miserably ill. And being anchored to holistic health – nutritionally, emotionally, biochemically, intellectually, relationally, personally, professionally, physically, financially, and spiritually – is imperative for any occupation, especially a high-stressed environment. Mr. and Mrs. Fundy will offer staff a bankable game plan to be healthy, happy, and hopeful.

So You Want to Be a Social Activist?

Protest. Protester. Protested. Across the world, activism has certainly picked up over the last few years. And our impressionable students want a piece of the action. *Like anything else, though, social advocacy comes with a steep price.* Step into the fray and you could be labeled militant. Stay on the sidelines and run the risk of being cancelled on social media if your beliefs run counter to the mainstream narrative. Young people want their voice to be heard, and it should. However, a bullhorn doesn't produce change; committed people do. Mr. Fundy provides a cautionary tale on the benefits and drawbacks of social activism (compared to societal activating) from an emotional and rational point of view.

Checkup Soup for the Soul

How do you feel? When do you feel good? What makes you feel sad or bad? Which feeling provides you the greatest amount of comfort or discomfort? Where do you turn to boost your feelings? Well, emotions and feelings are connected but not mutually interchangeable. To be happy is an emotional expression, but to feel happy is a biochemical reaction. And the soul – mind, will, and emotions – is constantly looking for its homeostasis fix. Caregivers need to take extra care to ensure their soul is in proper working order. An endless stream of highs or lows disrupts the flow of the gas-break-pedal axis (GBPA) that regulates our emotions and feelings, which will be discussed in this uplifting session.

Leadership Ethics: It's All About Character

A crisis in confidence is really a crisis in character, personally or professionally. And character is the outward manifestation of your inner culture (the attitudes, values, and beliefs that you hold) to do the right thing when no one is watching, or the uncomfortable thing when everyone is waiting for your response to an ethical dilemma. Student achievement is the holy grail of school performance. Tax levies rise or fall based on homeowners' assessment of their district's leadership to maintain or improve educational outcomes. In this revealing session, Mr. Fundy discusses character traits, character traps, and character tracks.

MARCH OPTIONS (Cont'd)

Cracking the Code of Character Leadership

If you don't stand for something, you'll fall for anything. In a filtered, social media environment like today, it's relatively easy to push the pause button on character. Young people know this very well; they often feel compelled to "put their best foot forward" in order to blend in with the crowd or stand out from the pack. At the teenage level, peer pressure is quite problematic. But character tests do show up, often unannounced, to see what you're made of. No life assignment or success path can be fulfilled if you continually fail character tests. Real talk with Mr. Fundy on how character blunders and caricature blinders can derail a youthful spirit.

The Model, Moral, and Mural Codes of Character Is You

Name. Image. Likeness. A child will take on the last (and possibly first) name of a parent and even be an image bearer. But a son's or daughter's likeness will be tied to, you guessed it, a parent's CHARACTER traits. Of course, even adopted or foster-care children's reputation can be shaped — good or bad — by their guardians' ethos. Think about that for a moment. The model code of character is the template, moral code the temperature, and mural code the tapestry. This lively and engaging presentation will help caregivers be more vigilant about their character footprint to avoid stepping backwards on impressionable toes.

Racial Blind Spots: Avoid Them at Your Own Peril

Racial blind spots. To some degree or another, we all have them. Unfortunately, we often don't see them until we veer outside of our lane (aka our comfort zone). Of course, objects in mirror are closer than they appear. That is, if we're paying attention. *The more we notice our racial blind spots and cultural insensitivities, the more willing we are to confront and correct them.* An open discussion on race, racism, racists, racial (as in blind spots), and racing needs to take place across America. Through civility, Mr. Fundy will facilitate an atmosphere of safety and transparency for staff members to share their insights and concerns on this subject matter. It will be a Judgment Free Zone.

Biochemical Chef: How to Feed Yourself and Others Well

Did you know that 90 percent of serotonin (aka "The Feel-Good" Neurotransmitter) and 50 percent of dopamine (aka "The Reward" Neurotransmitter) are produced in the gut? Hmm. Obviously, there is more to this than meets the eye. And perhaps this is why social media companies target young people with their addictive, feel-good messaging and reward-generating platforms. The dings. The bells. The notifications. It's all by design; nothing is accidental or incidental. In this invigorating and suspenseful presentation, students will understand why they feel the way they feel and what they can do naturally to ... feel better, feel smarter, feel peaceful, feel protected, feel appreciated, and feel motivated.

The Oxytocin Effect: A Women's Special Touch

What takes work for men but comes naturally to women? The gift of relationships! And it's backed up by science in the form of a neurohormone called *oxytocin*. Known as the bonding, trusting, and loving hormone, it provides women with a distinct head start in connecting with others from the cradle to the grave. This shouldn't come as a surprise: in most districts across the country, upwards of 70 percent of teachers are females. (More male teachers are needed for a variety of reasons, especially in urban areas.) In this heartwarming session, Mr. Fundy will share anecdotal research on his oxytocin findings growing up in a female-dominated home, and the steps caregivers can take to solidify their bond with children.

Mr. Fundy's Math Basketball Challenge

It's time to hoop it up with students in grades 4th through 7th! Former OSU basketball and NBA player, Mr. Fundy, will visit schools in the district leading up to or in the midst of March Madness. The reason? To get students pumped up for the proficiency test in math. And basketball offers the perfect segue to assist young minds — even those who don't like the sport — in connecting the relevant math dots. Measurements. Number Sense. Functions and Probabilities. This interactive and lively presentation on the basketball court (preferably) will spark their interest in seeing math through a new lens, which could be just what many students need to excel on the proficiency test. Let's hoop it up!

APRIL OPTIONS

Mr. Fundy's Financial Planning Playbook for Educators

Educators and administrators need more than just paychecks, health benefits, and retirement contributions. They need a financial wellness game plan, which this session will cover in great detail. Most people have just a cursory understanding of the world of personal or family finance, notably in the area of budgeting, credit and debt management, and income statement analysis. This is good, but more information is needed to manage the day-to-day affairs of their financial lives, to say nothing about saving for big-ticket purchases or household repairs, college planning for kids, protecting income and cherished assets, and navigating the complex landscape of estate planning.

The Entrepreneur in You! Getting Started in Business

With adult supervision recommended, young people – tweens and teens, in fact – across America are making money as budding and seasoned entrepreneurs ... from lawn care to pet and babysitting to online reselling, and so much more to maximize their money-making skillset. In *The Entrepreneur in You!* learning experience, the basics of entrepreneurship are covered in an easy-to-understand format with key tips, tools, and traits to help students get started making dinero operating their own business. Cha Ching!

Mr. Fundy's Financial Wellness Playbook for Caregivers

Whether sophisticated or unsophisticated in financial matters, caregivers can leverage mental models, navigable roadmaps, and contingency planning blueprints to get ahead and stay out of the economic rat race. These three pillars are needed to achieve financial wellness, especially in an environment where bad economic news occurs ad nauseam. In this high-octane and stimulating workshop, Mr. Fundy will highlight the key areas of financial wellness that can provide caregivers with a working game plan to reduce stress, boost financial IQ, improve cash flow, protect both sides of the balance sheet, and create a value-driven roadmap and winning gift-development template to generate multiple income streams. Only general financial planning information will be shared, for example, rule of thumb averages and metrics, terms, and economic concepts.

Out of Order to Reframe Their Border

#1 Needs. #2 Deeds. #3 Seeds. Yes, the order is counterintuitive to farming but right on point when it comes to framing, particularly for young people from difficult backgrounds. Their pain is real. Their pain is raw. Their pain is relevant. And these three R's call for out of the box thinking coupled with out of order tinkering. An unorthodox approach in the classroom works quite well for students who are familiar with dysfunction. Thus, their need of biochemical sustenance comes first, an educator's deed of trust, second, and the seed of change third. The pain is so deafening loud that these young people could care less about a good deed or great seed. In this workshop, staff will learn how to recognize and satisfy unmet biochemical needs first and foremost. And the rest will fall into place!

Compound Interest: The Eighth Wonder of the World

Did you know that the stock market has historically averaged a 10 percent return every year for many decades? Using the *Rule of 72* or how long it takes to double your money, a dollar invested in the stock market will typically double in value every 7.2 years. Of course, the stock market doesn't offer investors any guarantee. However, students will learn in the heart-pounding *Investing 101: Stock Market Basics Game* how to improve their chances of selecting winning company stocks. And some stocks pay investors quarterly dividends or income every three months whether the underlying stock goes up or down. Now that's a sweet deal worth the potential investment!

Discovering Your Sociopsychonomic Filter

Are there distinct differences in how we, as a collective society, handle personal or family finances? Yes. Our upbringing and life experiences growing up have likely shaped and influenced our worldview around economic matters. This doesn't mean they're bad, just different. In this enlightening presentation, Mr. Fundy's candid and, at times, humorous insights will help caregivers discover their Sociopsychonomic filter. Bad financial habits and self-sabotaging money scripts can be broken with the right frame of reference, choice architecture, and newfound confidence – how effective decisions can (and should) be made around financial matters.

APRIL OPTIONS (Cont'd)

Cracking the Code of Character Leadership

If you don't stand for something, you'll fall for anything. In a filtered, social media environment like today, it's relatively easy to push the pause button on character. Young people know this very well; they often feel compelled to "put their best foot forward" in order to blend in with the crowd or stand out from the pack. At the teenage level, peer pressure is quite problematic. But character tests do show up, often unannounced, to see what you're made of. *No life assignment or success path can be fulfilled if you continually fail character tests.* Real talk with Mr. Fundy on how character blunders and caricature blinders can derail a youthful spirit.

Stress Freed Educators: It's Much Easier to Pull off Than You Think

C'mon, is this an oxymoron? No, it's not. Yes, educators do experience stress. In some cases, lots of it. However, being freed from the clutches of stress is entirely possible and advisable. In fact, it's much easier to pull off than you think. *Stop it. Really?* Here's the blueprint. Proper regulation of the hypothalamic-pituitary-adrenal axis is the key. Alright, identifying the mechanism in the body where runaway stress – think cortisol and epinephrine – takes place is the easy part. The difficulty? Getting the 3 H's into symbiotic agreement and symmetrical alignment; it'll take time to get them on board. Of course, these backstage factors will be spotlighted in addition to several other "good faith" instruments by Coach Fundy. Bye bye renegade stress triggers!

Chill Out! Why Add Unnecessary Stress to Your Young Life?

Pressure to perform. Pressure to conform. Pressure to transform. Obviously, students feel an onslaught of pressure coming at them from many directions. Now, pressure is unavoidable. However, the response is often quite predictable. Whether by a default or diffuse tendency, the stress reaction frequency, in lock step, follows central command – either the fight-flight-freeze speedway or the calm-cool-collect breezeway. Neural network stress triggers are forming (and, in some cases, well-solidified) in a developing brain. And if the default path of least resistance steals the show, then that young person will react impulsively. *Oh no.* But if the diffuse pathway of rationality takes center stage, then the response will be measured and magnificent, and in direct proportion to the stressor. *Bravo.* Mr. Fundy has practical experience on both sides of the stress-response ledger account.

Chill Out! Why Add Unnecessary Stress to Your Caregiving Life?

Making ends meet. Putting food on the table. Finding and keeping a job. You get the picture. Caregiving is the ultimate juggling act – with sharp knives. And regrettable stress (of the unforgettable kind) cuts like a knife. Not giving a child your undivided attention. Not explaining your stress response to a child in a language that is relatable, palatable, and digestible. Not having an arsenal of appropriate stress reduction mechanisms to shield the child(ren) from the ire of your wrath. Children can't process adult reactions because they're still kids! It's estimated that the brains of young people, especially males, don't fully mature until the age of 25 (and this explains why they're classified as high-risk drivers until this age marker is surpassed). So, we need to stop demanding that our children act like adults while still housed in a kid's brain. Instead, we need to learn and then set the example on how to, well, chill out!

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MAY OPTIONS

The Five P's That Can Negatively Impact Mental Health

Mental health is a taboo subject. Most of us prefer to bypass this topic, but we miss our exit ramp of peace when we don't. What's straight ahead? A rocky road with painful detours, puzzling hazard signs, and of course, problematic pitfalls. No, Mr. Fundy isn't Dr. Phil (and doesn't claim to be one), but he can feel what you need to fill. In this riveting session, students (and staff and caregivers, where applicable) will learn ...

- how mental issues develop in a teenage (and even adult) brain and can morph into full blown mental illnesses
- what are the contributing factors and concerning facets that can lead to mental issues
- why mental health is so important in our present world of insane change and social media insanity
- which mental issue danger zone shows up and shows out as an unfortunate coping mechanism
- when a lane change is critically needed to think right, act right, and feel right



LAWRENCE FUNDERBURKE

MBA and CFP

LEADERSHIP PHILOSOPHY

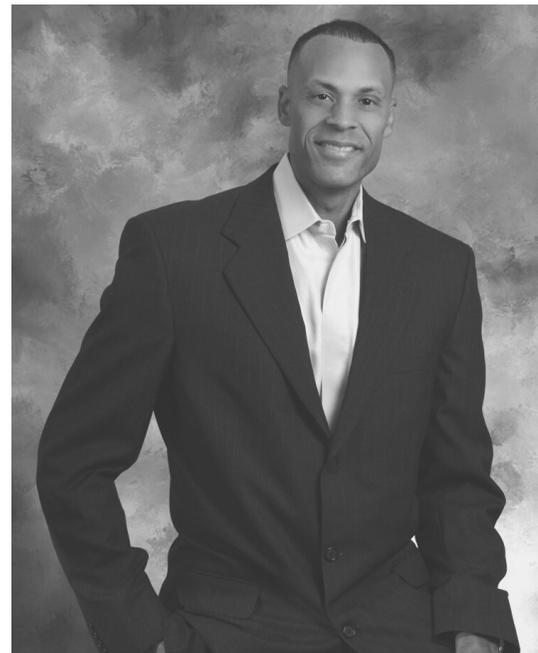
Empowered people empower other people.

LIFE'S PURPOSE

To empower people to reach beyond their comfort zone to achieve heights they didn't believe were initially attainable.

LEGACY PATHWAY

To leave behind a trail of biblically based principles that produce untold empowerment benefits for those willing to walk in them.



BIO

Lawrence Funderburke, aka “Mr. Fundy,” is perhaps best known for his exploits on the basketball court. His impoverished upbringing and diverse life experiences provide a unique vantage point on race relations, cultural biases, educational disparities, empowerment protocols, and legacy initiatives. He is an expert on building bridges and finding common ground among minority and majority groups alike. Lawrence knows how to speak the language, lingo, and labeling of his audience as an astute brain coach and financial anthropologist.

An eloquent and gifted communicator, Lawrence’s compelling and thoughtful insights on a variety of topics can resonate with any audience across the racial, social, or occupational spectrum. Lawrence’s purpose-driven nature to move our country, communities, companies, classrooms, and civilities forward is just what our nation needs given the fallout from the 2020 protests and polarizing presidential election. “Instead of piling on,” he notes, “I’m pulling off. Why make the problem worse?”

A devout Christian, prolific writer, and thought outlier, Lawrence has written several books, *Sociopsychonomics*, *Momentum Power Play*, and *The Stewardship Playbook*. He is a man of momentum, the passion inside of him oozes out of his pours. “As long as you have oxygen in your body,” he says, “you have a shot in overcoming a painfully difficult or traumatic situation — regardless of your skin color.” Based on statistics, he wasn’t suppose to make it out of the ghetto.

Lawrence and his wife Monya have two children. They operate Lane Change U, the Funderburke Institute of Financial Empowerment (F-I-F-E), and their non-profit arm, the Lawrence Funderburke Youth Organization (LFYO). To date, this tag-team duo has impacted more than 30,000 youth and adults in the area of life skills and holistic wellness. Visit MrFundy.com for more information on Lawrence's outreach efforts, local and national initiatives, speaking opportunities, value proposition, and book orders. Thank you.

