

MARIEMONT HIGH SCHOOL | MAY 19TH

# REAL TALK

with Mr. Fundy



## Mental Health and Civil Discourse

Understanding how mental issues affect us and why bridge builders are needed to move our country, communities, and classrooms beyond our cultural divide

**BE ENGAGED. BE EQUIPPED. BE EMPOWERED.**



## KEYNOTE

In this enlightening presentation, former Ohio State basketball star and NBA player, Lawrence Funderburke (aka "Mr. Fundy"), will share his unique story, struggle, and stand to assist Mariemont students in "**The Game of Life with Legacy Implications.**" He battled heartbreak and turmoil as a black male growing up poor in a dysfunctional, fatherless home with three older sisters and a single-parent mom who dealt with mental illness for decades. As a bridge-building specialist, his compelling background and diverse experiences provide him with a *balanced* perspective on race relations in America. It's time to move our country, communities, and classrooms forward. And Mr. Fundy will provide practical (and convicting) solutions to help students and staff generate the needed momentum to accomplish this urgent goal. He will be accompanied by his daughter Nyah, a high school senior and scholar athlete at Columbus School for Girls.



## BREAKOUT SESSION TOPICS

### ***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, but he can feel what you need to fill. In this riveting session, students 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

### ***Bridging the Cultural Divide: If Not You, Who Will?***

It's time to step up so that our country, communities, companies, classrooms, and civilities can step forward. We are unfortunately divided along racial, social, and political lines. But the real issue is being missed and misused: most of us fall woefully short in the area of *cultural capital*. Race needs to be delicately addressed, but **The Race** needs to be deliberately run, and more importantly, won as a unified team. What lane will you run your race? Who will you help along the way? How will you help them? Why do you want to help them? Which step will you take first as a bridge-building extraordinaire? Don't worry, Coach Fundy will help you with your Momentum Game Plan.

\*Breakout session participants will get the opportunity to meet Mr. Fundy and receive an autographed copy of his inspirational book, *Momentum Power Play: How to Create It When You've Never Had It and Keep It Going Once You've Got It*.

# LAWRENCE FUNDERBURKE

## 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.



NBA 1997 – 2005

## 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.

An eloquent and gifted communicator, Lawrence's message as the right messenger 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 the Funderburke Institute of Financial Empowerment (F-I-F-E) as well as 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](http://MrFundy.com) for more information on Lawrence's outreach efforts, local and national initiatives, speaking opportunities, value proposition, and book orders. Thank you.

**WWW.MRFUNDY.COM**