

# Mental Fitness by Sam Anthony



*Your Better Future Starts Today!*

## *Testimonial :*

*Sam does not just offer a presentation but a life altering experience from the stage. You will not be disappointed!*

Dawn Young - Crossover Ministries

- Sam's **lived experiences** make him uniquely **qualified** on today's toughest topics. He speaks **openly** and **honestly** about his **struggles**, overcoming adversity, and the needed tools to **living** a **healthy** life.
- Sam's core message targets the **components** of **happiness** and **wellness**. His content is **perfectly aligned** with the **Social and Emotional Learning (SEL)** competencies.
- One thing that sets Sam Anthony apart from other speakers is that his message is not lost once he puts down the mic. He offers a **12 week Mental Fitness Personal Journal** for all youth attendees and a **Mental Fitness Workbook** for all advisors and staff so the conversation and efforts towards consistently improving Mental Fitness will continue long after he's left.
- He makes discussing things like **self-harm**, **depression** and **addiction** boldly **comfortable** through relatable stories.

## Trusted Clients

- Federal Bureau of Investigation
- Future Business Leaders of America
- Temple University
- Fairfax High School
- Drug Free America Foundation
- Knowing You Matter
- And many more.....

## *Testimonial :*

*The reason we **ultimately chose Sam** was because of his speaking style. Also, he never dropped the ball in his **ability to communicate** with us before the conference **every step** of the way. **Sam is professional, engaging, and actually really cares** about people.*

Cindy Kullman - Knowing You Matter

Relatable Speaker / Trusted Resource

Book Sam Now

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[www.SamAnthonySpeaks.com](http://www.SamAnthonySpeaks.com)