

# DOMINIQUE WILLIAMS

MOTIVATIONAL SPEAKER | PEAK PERFORMANCE COACH | FORMER NFL RUNNING BACK



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NFL ALUMNI | SPEAKER | AUTHOR | COACH

## ABOUT COACH DOM

***Coach Dom is a Success Coach who has used his story and experiences to enhance student outcomes. He graduated from Wagner College with a Degree in Sociology and Family Studies. While in college, he became the team's first-ever 3x Captain and a college football All-American. After college, he went on to play 3 years in the NFL and 2 in the CFL.***

*In 2018, after his professional football career was cut short due to injuries, he found himself in a deep depression with no clue what he'd do next. In pursuit of a new career, Dom decided to focus on his overall health and use his experiences to help students overcome obstacles and achieve success.*



**ASSEMBLIES - KEYNOTE SPEECH - WORKSHOPS - PANEL DISCUSSIONS**

**Today, Dom continues his leadership as an...**

- Inspirational Speaker
- Peak Performance Coach
- Certified Crisis Prevention Specialist
- & Student Success Coach

**"The next generation is not just our future; they are the architects of a better, more enlightened world. Our task is to empower them with education, ethics, and a sense of purpose."**

**~ Coach Dom**

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## SIGNATURE SPEECHES

### Lean On Me

*(Cultivating a Positive School Culture using the 3C approach for Building Teams)*

- Peer to Peer Respect & Social Media  
Consciousness
- Conflict Resolution & Positive Thinking
- Team Building & Collaboration
- Understanding Your Support System



### R.Y.T.E Direction

*(Winning Strategies to Build Unshakeable Confidence)*

- Realize-Your-True-Excellence
- Strategies to Avoid Distractions
- Fostering Healthy Relationships
- Building Character & Leadership Skills
- Overcome Adversity
- Strategies to Build Self Awareness



### Transition Playbook

*(Navigating the Jump from MS to HS & HS to College)*

- Goal-Setting Practice for Long & Short-Term Success
- Establish Successful Habits & Routines
- Minimize Decision Fatigue
- Creative Tactics to Increase Focus





# PARTNER WITH COACH DOM

## R.Y.T.E. Direction Curriculum

**Format:** On-site or Virtual

**Length:** 3, 6 or 12 week visits

R.Y.T.E. "Realize Your True Excellence" is a comprehensive curriculum for high school & middle school students that offers hands-on learning, engaging activities, and meaningful connections. Through this Curriculum, we aim to establish a solid foundation for personal excellence. **(Contact us to learn more).**

### Core Values

- **Empowerment:** We empower students to realize their full potential and become confident leaders of tomorrow.
- **Resilience:** We cultivate mental toughness and perseverance, enabling students to navigate challenges with grace and determination.
- **Collaboration:** We foster a sense of community, respect, and empathy, valuing diverse perspectives and collaboration.
- **Growth:** We believe in continuous personal growth, encouraging self-awareness, introspection, and learning.
- **Purpose:** We guide students to find their unique purpose, aligning their passions and goals with meaningful action.

