



**SPEAKER KIT**

# Future Cain

**SOCIAL EMOTIONAL LEADERSHIP & WORKPLACE WELLNESS EXPERT**

"Some speakers are all hype and very little substance. Not Future Cain. her content but more importantly her commitment is 'priceless'. Future's delivery is **deep, meaningful** and **impacting**, full of nuggets of how we can make crucial socio-emotional aspects of our lives more **nourishing, healthy** and **fulfilled**. If you want a **great speaker** for your corporate and education events, **Future Cain should be your go-to.**"



**FUTURE OF SEL<sup>LLC</sup>**

**LIVE AND LEAD WELL<sup>TM</sup>**

*"Future Cain was a remarkable panelist who was featured on my Black Wellness in Schools workshop! She is incredibly informed and speaks with conviction while challenging us to sit with ourselves to complete the challenging inner work of changing core beliefs. She has a rare combination of standing in her unapologetic truth while still keeping her heart and mind open to others. Future's professional and lived experiences fighting inequities in school prepare her to add value to any conversation regarding education and social justice. I can't wait to collaborate with her again on coming projects."*

*Sharla Stevenson  
CEO and Owner of Healing Racism in Schools, LLC.*

# FUTURE CAIN

***Founder & CEO, Future of SEL***

Future is an international speaker who has worked for more than two decades in the education field and is a certified yoga instructor who specializes in Equitable Social Emotional Leadership (SEL) and Workplace and Employee Wellness to enhance the education, leadership, health, and well-being of organizations and educational institutions.

She recently served as the State-wide Project Coordinator for SEL and Mental Health in the state of Wisconsin. Previously she was the Director of SEL and Community Outreach for a k-12 school district where she developed and implemented a district-wide SEL education strategic plan and professional training program.

This CEO has also served as an Academic and Career Planning Coordinator and a Co-Chair on a character education program at the high school level that was recognized at the state and national levels. Future is the winner of the 2018 Northshore Milwaukee Rotary Rotarian of the Year, 2018 Northshore Milwaukee Rotary Presidents Cup and currently sits as an executive board member for Rotary's World Affairs Seminar for high school students.

This NY Times and Forbes featured Social Emotional Leadership and Workplace Wellness Expert is also a certified culture facilitator and assessor who has worked with organizations on developing and implementing strategies focused on resolving root challenges of the organizations culture. Future has been featured on numerous panels and podcasts for her work and has several published pieces.



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# Your Key SEL Challenges

The 6 top skills identified by the World Economic Forum require effective Social and Emotional Learning:

- People management
- Coordinating with others
- Emotional Intelligence
- Judgment and decision making
- Service oriented
- Negotiation

According to Future, "The world is ever changing and an organization and institutions greatest assets are their people." She uses her targeted expertise to help companies and educational institutions improve their social emotional intelligence, communication skills, relationships, engagement, culture, and current systems.

Future asks the right questions at the right time to offer personalized, innovative strategies for wellness and productivity at work and at home, ensuring all people holistically optimize all the aspects of their life to live and lead well which is most valuable to ones health and well being.

Some employers already recognize the benefits of social and emotional workforce skills in the 21st-century workplace -including global internet giant Google.



*"I had the pleasure of having Future on the Progressholic podcast. Her knowledge and expertise around Social Emotional Learning was incredible and it is still to date, one of our most listened to episodes! She also went out of her way to go through a live guided meditation which was an amazing experience! Really excited to continue seeing all the incredible work she will continue to do with SEL!"*

*Devesh Tilokani  
Podcast Host, Progressholic*

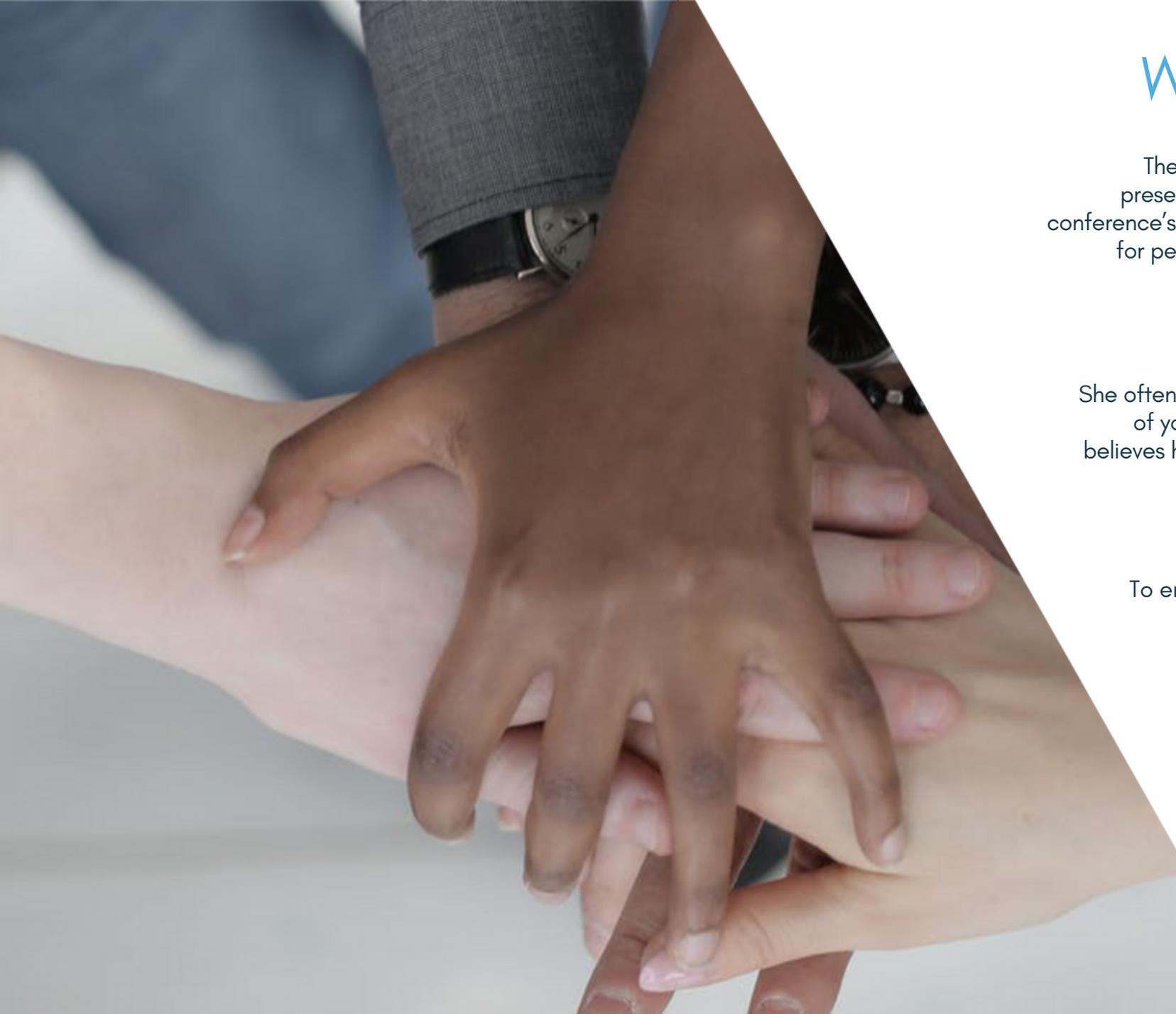
*"I have come to know Future on LinkedIn as a zealous, multi-faceted educator, passionate about Mental Health and Racial Justice. I would like to express profound gratitude for her phenomenal participation in the African History Month. She is the panellist that you do not want to miss at your event."*

*Daniel Mwambonu  
Founder and President, African History Month*

Future Cain is a sought after and experienced international speaker who is called to speak at a wide range of events, both virtually and in-person.

*Some sample topics include but are not limited to:*

- 🎯 Prevention of Audible Abandonment In the Age of Quiet Quitting
  - 🎯 Sitting With Ourselves Centers Wellness, Peace, and Joy
    - 🎯 Proactive Approach to Employee Mental Wellness
      - 🎯 Equitable Social and Emotional Leadership
        - 🎯 Equity and Belonging Is The Work Of ALL
          - 🎯 Social Responsibility and Awareness
            - 🎯 Creating A Culture of Wellness
              - 🎯 Living and Leading Well
                - 🎯 Self-care is self-less



# Working with Future Cain

These thought provoking, inspiring, engaging, and informational presentations are personally designed to align to the group or the conference's theme and current vision. Future believes that the best way for people to learn and to take action on applying the knowledge they gain is through hands on learning and interactions.

She often asks others to sit with themselves because she know that all of your answers lie within. This sought after international speaker believes humanity's own self awareness is exactly where this wellness, social emotional leadership, and equity work should begin.

To enquire about Future's speaker fee and make a booking, please contact:

Email: [thefutureofsel@gmail.com](mailto:thefutureofsel@gmail.com)

Web: [www.thefutureofsel.com](http://www.thefutureofsel.com)

LinkedIn: [linkedin.com/in/futurecain](https://www.linkedin.com/in/futurecain)



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# The Future of SEL<sup>LLC</sup>

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