



The Future of SEL ^{LLC} SPEAKER KIT



“Some speakers are all hype and very little substance. Not Future Cain. Her content—and more importantly, her commitment—is priceless. Future’s delivery is deep, meaningful, and impactful, packed with actionable insights on how we can cultivate crucial social emotional aspects of our lives to be more well, healthy, and fulfilled. She is a sought-after speaker who inspires action and energizes corporate and educational events with her empowering and meaningful message.

If you’re looking for a speaker who will challenge, motivate, and engage your audience, Future Cain should be your go-to.”

EST.
2020



The Future of SEL LLC



“If you are a company seeking a speaker or a workshop leader, I couldn’t recommend Future more. She tackles difficult topics with ease, she is empathetic in her approach and incredibly insightful. You truly feel cared for and like you can connect with her as an individual despite being in a workshop with hundreds of people. She takes care to individualize workshops and workbooks for your organizational needs to make sure she is meeting people where they are while simultaneously, kindly guiding people with a sense of urgency to do their inner work to build a more just and equitable world. In just a short time with Future you can tell that she is a genuine person and committed to this work – it is not a job but a passion and a calling

Jennifer Velez

Head of Diversity, Equity, and Inclusion (DEI),
Corporate Communications and Corporate Events
Forever 21

FUTURE
CAIN

SOCIAL EMOTIONAL LEADERSHIP & WORKPLACE WELLNESS EXPERT

*"If you want to change the world, start with yourself."
Future embodies that statement and is an extraordinary human being who stands up for what she believes in, while empowering others to do the same. I encouraged my team to bring in Future as a wellness speaker at LinkedIn. She was engaging, thoughtful, and absolutely unforgettable! My team and I were blown away by her presentation and her ability to make everyone feel seen and heard. Future shared her tagline to "sit with yourself" and to take the necessary steps to prioritize our wellbeing along with actionable steps on how to do just that. Many of our team still talk about her presentation and continue to use the tools she shared. Future is a delight to work with and is a phenomenal presenter. She's a genius who's uses her intelligence to help others. It's one of my greatest joys to know her and to work with her. I'm sure anyone who has the opportunity to do so will be forever changed. She's truly one of a kind and with a name like Future, how could she not be otherworldly."*

*Trish Lindo
Sr. Creator Manager at LinkedIn*

FUTURE CAIN

Founder & CEO, Future of SEL

Future Cain is the Founder and CEO of Future of SEL, an international speaker, consultant, and one of LinkedIn's Top Black Voices to follow. A leader in social emotional intelligence and workplace wellness, she partners with organizations like LinkedIn, Reebok, and the CDC to optimize human potential through self-awareness, holistic leadership, and employee well-being.

With over two decades of experience spanning education, corporate, and behavioral sectors, Future's thought leadership has been featured in The New York Times, Forbes, and Harvard Business Review. She is also a published author, with work appearing in K-12 Talk, The BLVD, and Blinkist.

Future holds an Administration and Director of Instruction License from Concordia University, a Master of Arts in Multi-Categorical Special Education from Governors State University, and dual Bachelor's degrees in Speech Communication and Psychology from East Stroudsburg University.

In addition this CEO is also a certified culture facilitator and yoga instructor.

Passionate about mental health and healing, Future helps individuals and organizations transform culture, relationships, and performance. She can be seen impacting humanity on social platforms like LinkedIn, TikTok, and Instagram.



FUTURE CAIN

SOCIAL EMOTIONAL LEADERSHIP & WORKPLACE WELLNESS EXPERT

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 Progresssholic 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, Progresssholic

"Future lives and breathes her values, encouraging us to dig deep within ourselves and discover the incredible impact we can have. all about finding inner peace and spreading unity and empathy. Future's energy is contagious, but her compassion makes her special. Her purpose, in part, is to lead others toward personal growth and happiness."










Ronett D. Jacobs, Ed.D.
Innovation and Design Director of Leaders Advancing Character and Culture in Schools

"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
-  Creating A Culture of Wellness
-  Social Responsibility and Awareness
-  Living and Leading Well™
-  Self-care is self-less



The Future of SEL LLC

Partnered With:



FOREVER 21



WISCONSIN DEPARTMENT OF
Public Instruction



Partnering with Future Cain

These thought-provoking, inspiring, and engaging presentations are carefully customized to align with the audience's needs, organizational culture, and strategic goals, as well as the conference's theme and vision. Future believes that meaningful learning happens through hands-on experiences and authentic interactions, ensuring participants can apply the knowledge they gain and take action long after her time with them.

She often encourages individuals to pause and reflect, reminding them that the answers they seek already lie within. Future's approach emphasizes that true wellness, social and emotional leadership, and equity work begin with cultivating self-awareness as the foundation for healing and transformation.

To enquire about Future's speaker, facilitation, or workshop fees and make a booking, please contact:



futureofsel.com/contact



www.thefutureofsel.com

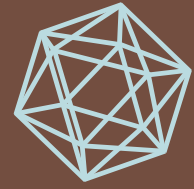


[linkedin.com/in/futurecain](https://www.linkedin.com/in/futurecain)



FUTURE CAIN

SOCIAL EMOTIONAL LEADERSHIP & WORKPLACE WELLNESS EXPERT



The Future of SEL^{LLC}

"The journey to transforming the world begins within.
When we cultivate self awareness, we unlock the power to
lead authentically, heal, and inspire change in
every space we enter."

– Future Cain

