



Chris Romulo

Uncovering the Champion Within

www.ChrisRomulo.com
chris@chrisromulo.com
(718) 945-1700

Chris made such a positive impact. His message is going to go far.
- Gabriel Godoy, JP Morgan Chase



Speaking Topics

Uncover the champion within with C.H.A.M.P.S. Mindset--learn how to stand back up every time you fall

Understand both sides of the Bully Coin--build a better world and become a better you

Discover the Champion Within--uncover your true self to live a purposeful life

In his highly motivational talks, Chris reveals the tools he used to go from a bullied kid in a broken home to a Muay Thai champion:

- Champion's Mindset
- The 3 H's: Hard work, Humility, Hunger
- Overcoming Life's Challenges

Your students will walk away with fresh insights and skills that they can easily use to uncover the Champion within.

Bio

Chris is a retired Muay Thai champion, owner of CROM Physical Culture, author of Champions Uprising, and Speaker who's passionate about transforming the lives of today's youth.

With his C.H.A.M.P.S. curriculum, Chris has taught thousands of students how to uncover the champion inside them with mindfulness and determination. Chris has spoken at schools and fellowships throughout NYC.

As seen in: **HUFFPOST**



Offerings and Rates

Because Chris tailors each of his speeches to the needs of his audience, offerings and rates vary. You can request a rate from vanessa@chrisromulo.com.