



DOMINIQUE WILLIAMS

NFL ALUMNI | SPEAKER | AUTHOR | COACH

ABOUT COACH DOM

Dominique Williams is a High-Performance Coach who empowers and trains students and student-athletes using evidence-based social & emotional learning techniques. These techniques, paired with his humor and charisma, provides an environment for students to easily understand and embrace the behaviors, skills, and confidence to be successful in any endeavor.

Coach Dom entered college not knowing what a g.p.a. was and left with his B.S. in Social Work and Family Studies. While at Wagner College, he displayed tremendous leadership qualities which led to becoming the teams first-ever 3x Captain and a college All-American. After leading the team to their first-ever NEC Conference Championship win, he went on to play professional football for 5 seasons in the NFL and CFL.

Coach Dom's professional football career was cut short due to several injuries. In 2018, he decided to walk away from football to focus on his overall health and pursue his passion for developing the next generation of students and student-athletes.

Assemblies - Keynote Speech - Webinars & Seminars - Panel Discussions

SIGNATURE SPEECHES

Lean On Me

(Conflict Resolution/Anti-Bullying)

Format: Assemblies, Keynote, Workshop, Small-Group, Full day or Several Days

Overview: This high-energy speech comes with an interactive demonstration of how helping verse hurting someone plays out in life. The phrase **Lean On Me** was something Coach Dom used to let his teammates know that they can count on him to be someone that would help them whenever they weren't strong enough to help themselves. He also illustrates his encounters with bullying and how he grew to understand the long-term effects of such detrimental actions toward others. Students will walk away from this assembly with the awareness of how impactful their actions can be amongst their peers.

Key Learning Outcomes:

Peer to Peer Respect - Social Media Consciousness - Positive Thinking - DE & I - Understanding Your Support System - Conflict Resolution - Character & Leadership Building

GAME-TIME

(Substance Abuse/Mental Health)

Format: Assemblies, Keynote, Workshop and Small-Group

Overview: Coach Dom uses his unique video game demonstration to teach students how to take control of their lives. This innovative speech will simplify the harsh reality of drug abuse and educate the students on mental health hacks that have been scientifically proven to combat depression and create good habits.

Key Learning Outcomes:

Positive Self-talk - Overcoming Obstacles - The Negative Effects of Substance Abuse - How The Brain Works - Understanding Your Support System





"HE COACHES AND SPEAKS FROM THE HEART"

- STUDENT ATHLETE



FOR ATHLETES:



PLAYERS IN TRANSITION

Players In Transition

(Goal . Plan . Action)

After several injuries sidelining Dom, he found himself in a deep state of depression asking, "what's next?". After researching the statistics of athletes struggling with their transition whether it be from transitioning out of H.S., College or Pro sports Dom found resounding similarities.

Four years after accepting football was finally over, Dom decided to share his story and create a **workbook** to help athletes transition out of sports and find their purpose outside of the game.

FORMAT: ASSEMBLIES, KEYNOTE, WORKSHOP AND SMALL-GROUP

KEY LEARNING OUTCOMES:

- FINDING PURPOSE OUTSIDE OF SPORTS - GOAL SETTING - CAREER READINESS - POSITIVE SELF-TALK - OVERCOMING INJURY & BOUNCING BACK - STAYING MOTIVATED - ROUTINES - UNDERSTANDING YOUR SUPPORT SYSTEM

Interested in learning more about "Players In Transition?"

Contact as the links below

