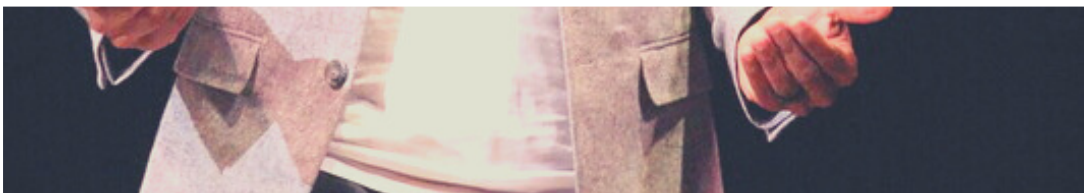
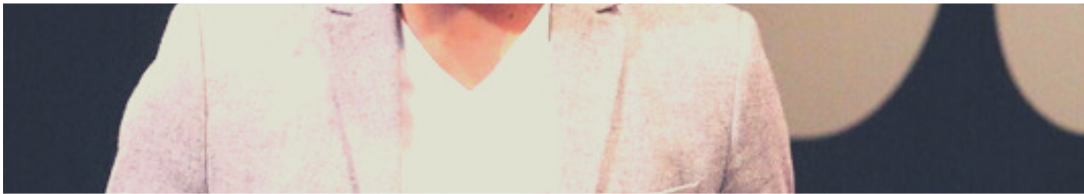
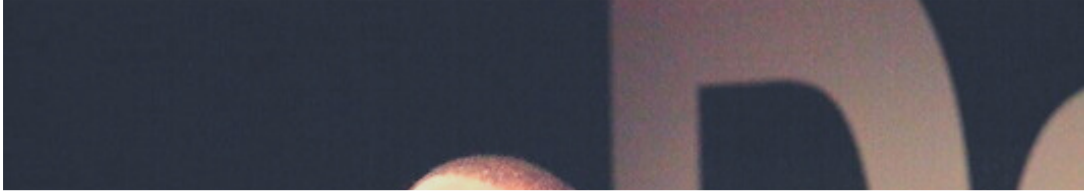


IF YOU'RE DOING LYFE ALONE, YOU'RE
DOING IT ALL WRONG.



KENSTON HENDERSON SR.

Motivational Speaker - Prof. Dev. Trainer - Coach - Author



TEDx Dayton

Kenston's "Winning Conversations" workshop provides honest and practical answers for HR leaders. His high energy and passionate approach creates a safe space for all attendees to ask questions and get practical advice. - Natalie M. Davis
VP of Human Resources

Kenston presented to over 150 student athletes on self-leadership and career development and it was an amazing experience. The room was engaged, the students were motivated and excited. Jessica Hall, M.A., MLHR |
Director Ohio Dominican University

Kenston brings unmatched energy, positivity, and a welcoming environment. Utilizing the chat function on zoom, we were able to see the real time participation as well as our Team Members' understanding of the content as well. Thank you to Kenston! -Danielle Kleemeyer
Global Employee Experience Coordinator @ TIBCO



TEDx

x = independently organized TED event

Kenston is the founder and CEO of Live With Lyfe, LLC, is a TEDx Signature Speaker, a certified John Maxwell Leadership Speaker and Trainer, Culture Transformation Champion, and certified in Youth Mental Health First Aid USA. He has over 17+ years of experience in Human Resources and 20+ years of experience helping people cultivate the best version of themselves. Kenston delivers impactful, on-time, and action-packed speaking and training messages.

Kenston is also an accomplished musician with two instrumental albums Breathe (2016) and Oasis (2018). In 2018, he also wrote the book "Parenting Like a Boss: Intentionally Committed" which landed on Amazon's Best Seller list.

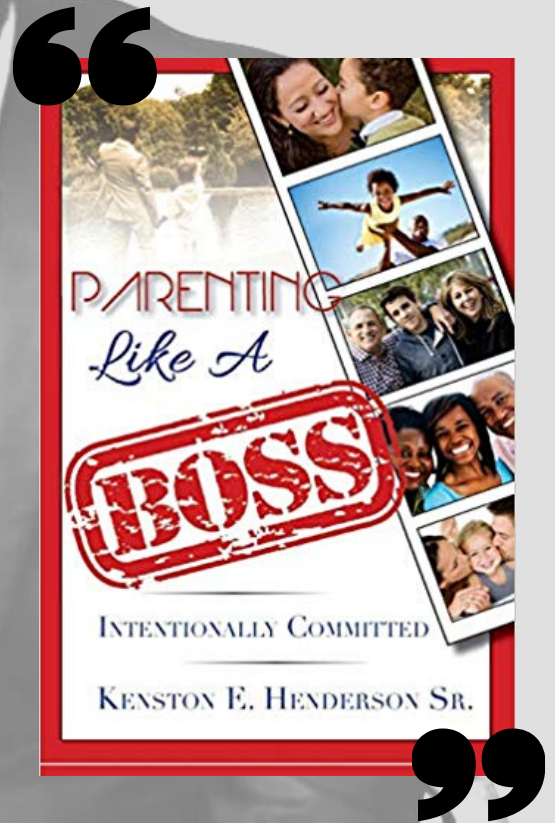
As much as Kenston loves speaking and inspiring youth and adults, his ongoing commitments and goals are to be the best husband to his amazing wife and the best father in the world to his incredible son.

His client list includes global financial organizations, technology companies, healthcare organizations, government agencies, cities and municipalities, non-profits, and many others.

ABOUT THE AUTHOR

Parenting Like a BOSS was created to ignite, inspire, and empower parents to be the best parents they can be for their precious gifts. With the stated effects of bad parenting, we can no longer allow our children to grow up by themselves in a society that would not love them as much as we do.

There is no judgment but only encouragement for us to enthusiastically accept and wear our parental badges of honor and Parent Like a BOSS.



ABOUT THE TOPICS

Purpose: Live With Lyfe Intentionally

STAND UP and Lead Yourself

Winning Conversations: How to Communicate Successfully and Courageously About Race

Implicit Bias: Conscious Decision Maker: Becoming Aware of Your Inner Storyteller

Resilience: The Bounce Back

Fear of Success

Employee to Entrepreneur

Parenting Like a Boss (Totally Committed)





Partnerships



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