

AUTHOR • SPEAKER • TRANSFORMATION COACH

F. JOHN GAMEZ III

Creator of **The Skill of Transformation™**

Set the goal. Rebuild your life. **Rise up.**



IDEAL AUDIENCES

Leadership events • Behavioral health organizations • Men's and Women's groups • Recovery communities • Churches and nonprofits • Conferences • Retreats

AVAILABLE FORMATS

Keynotes • Breakouts • Workshops • Panels

SIGNATURE KEYNOTE

COME TO YOUR OWN RESCUE

The 7-Step Blueprint to Rebuild Your Life

A direct, story-driven keynote for people who are tired of survival mode and ready to rebuild themselves from the inside out.

Drawing from lived experience with addiction, collapse, rebuilding, fatherhood, behavioral health, and radical personal transformation, John gives audiences a practical framework for taking responsibility, breaking limiting patterns, and moving forward with discipline, momentum, and purpose through **The Skill of Transformation™**.



AUDIENCE TAKEAWAYS

- Understand why temporary change often fails
- Recognize the Internal/External Loop—the connection between internal beliefs and external actions
- Interrupt limiting thoughts, words, and choices
- Build momentum and begin living the goal

BOOK F. JOHN TO SPEAK

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Author of *Come to Your Own Rescue*



THE CORE MESSAGE

No one is coming to rescue you.

You must rescue yourself—and you are fully capable of it.

This is not inspiration. This is a blueprint.

ABOUT F. JOHN

F. John Gamez III, “John”, is an author, personal transformation coach, motivational speaker, behavioral health consultant, and creator of **The Skill of Transformation™**. His message is emotionally honest and practical: personal transformation belongs to anyone brave enough to do the work.

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