



**ARSHAY** COOPER

**Together,  
We Become More.**

community  
self-control  
discipline  
connection  
determination  
purpose  
water  
wellness  
teamwork  
ROWING  
self-care

ARSHAY COOPER

# ABOUT ARSHAY

Arshay Cooper is a #1 national bestselling author, rower, and speaker, who turned adversity into purpose. Growing up on Chicago's West Side, he discovered rowing - a sport that taught him unity, courage, and resilience.

His journey inspired the award-winning documentary and bestselling book *A Most Beautiful Thing*. Today, Arshay travels the world spreading a message of hope, healing, and inclusion, showing that when we row together, we rise together, transforming fear into strength and communities into lasting change.

## What I Stand For?

- ✓ Hope in Motion
- ✓ United we Rise
- ✓ Forward through fear
- ✓ Service that shapes generations

## My Work Has Been Featured in:



## Trusted By Leaders & Teams at:



ABOUT ARSHAY

# SPEAKING THAT MOVES

## *PEOPLE & BUILDS MOVEMENTS*

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### SPEAKING FORMATS



#### **KEYNOTES**

High-energy, story-driven talks for conferences, companies, and schools.



#### **WORKSHOPS**

Interactive sessions that build teamwork and break down barriers.



#### **YOUTH ENGAGEMENTS**

Relatable, inspiring talks for high school and college students.



#### **COMMUNITY PROGRAMS**

From churches to recovery homes, messages that bring hope and healing.

SPEAKING FORMATS

# SPEAKING *TOPICS*



## HOPE IN MOTION

### *Mental Health & Wellbeing*

This keynote focuses on breaking the stigma around mental health while building resilience and belonging in every environment. It equips audiences with tools to create cultures where people feel safe, seen, and supported.

#### **Audience Outcomes:**

- ✔ Learn practical ways to normalize conversations about mental health.
- ✔ Understand strategies to build resilience in challenging times.
- ✔ Discover how to foster belonging and inclusion in workplaces and communities.
- ✔ Gain actionable steps to create safe, supportive cultures for all.

## PULLING IN THE SAME DIRECTION

### *High Performance & Healthy Team Culture*

This keynote explores why unity consistently outperforms raw talent. By focusing on trust, alignment, and shared purpose, participants discover how diverse perspectives fuel collective success.

#### **Audience Outcomes:**

- ✔ Recognize why unity and alignment drive better results than talent alone.
- ✔ Learn strategies to build trust and foster collaboration across teams.
- ✔ Understand how diverse perspectives strengthen problem-solving and innovation.
- ✔ Walk away with tools to cultivate a culture of shared purpose and accountability.



# SPEAKING *TOPICS*



## LIFT OTHERS HIGHER

### *Servant Leadership & Service*

This keynote highlights the power of leading with humility and purpose. By focusing on service and lifting others, leaders create stronger teams and lasting impact for future generations.

#### **Audience Outcomes:**

- ✔ Discover the principles of servant leadership and why they matter today.
- ✔ Learn how service creates meaningful and lasting impact in organizations.
- ✔ Gain insights into developing the next generation of leaders.
- ✔ Apply practical ways to build stronger, more cohesive teams through service.

## DO IT AFRAID

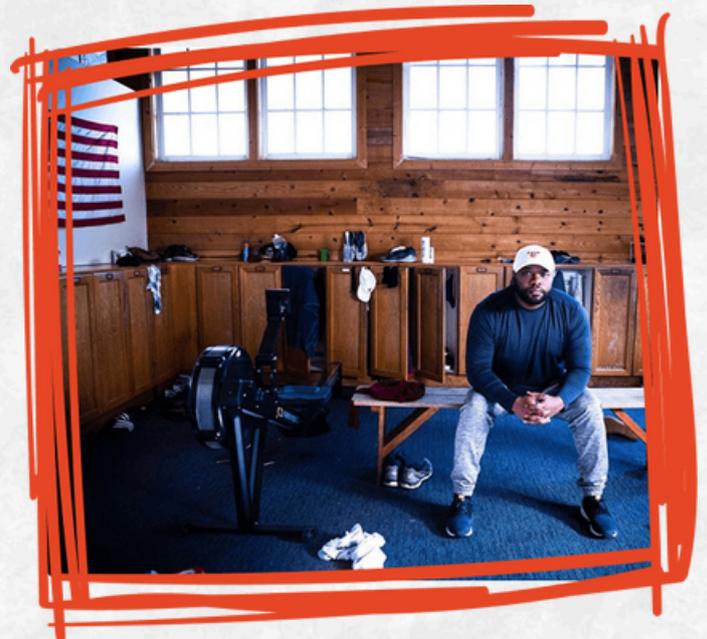
### *Positive Mindset & Resilience*

This keynote reframes fear as fuel for growth. Through practical tools, audiences learn how resilience transforms self-doubt into courage and confidence.

#### **Audience Outcomes:**

- ✔ Understand how to reframe fear as a catalyst for growth.
- ✔ Learn practical tools for overcoming self-doubt and obstacles.
- ✔ Develop a mindset of resilience to face uncertainty with confidence.
- ✔ Walk away with actionable strategies to turn fear into courage and momentum.

*\*Talks are tailored for every audience — from corporate leaders to high school students to sports teams.*



# STORIES THAT MOVE YOU FROM FEAR TO COURAGE & FROM STRUGGLE TO STRENGTH.

LET ME BE REAL WITH YOU • #1 In USA Today's Best-Selling Booklist

## Let Me Be Real With You... (Arshay's Latest Release)

It's easy to hide. It's easy to doubt yourself.

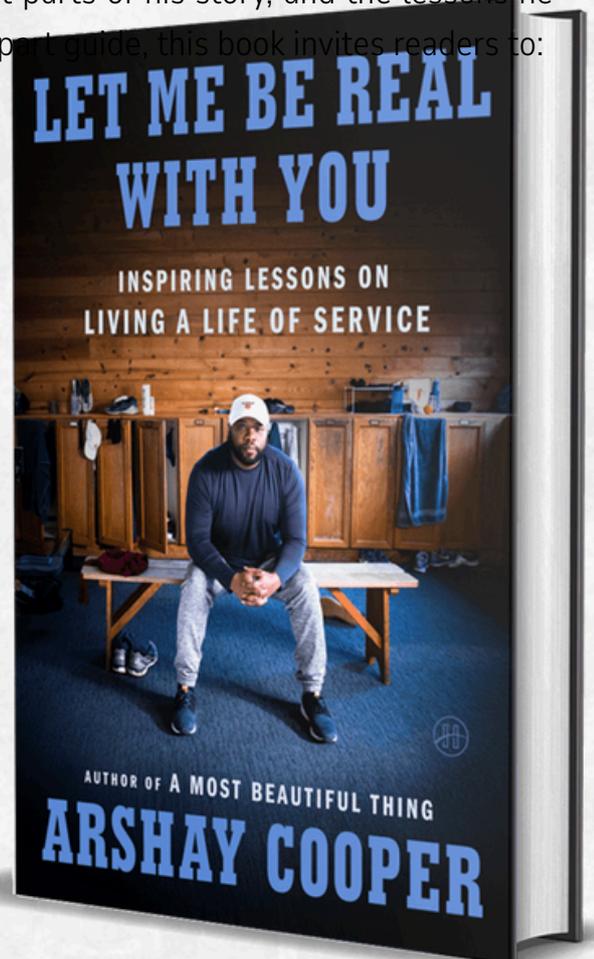
But real change begins when we stop pretending and start being real.

In *Let Me Be Real With You*, Arshay shares the messy, honest parts of his story, and the lessons he has learned about courage, unity, and wellness. Part memoir, part guide, this book invites readers to:

- ✔ Own your story, even the hardest chapters
- ✔ See why unlearning can be the most powerful form of growth
- ✔ Balance pushing through with giving yourself grace
- ✔ Discover the 8 elements of wellness that can transform your life
- ✔ Rise higher together, no matter your background

This isn't just my story. It's a mirror for all of us. If you're ready to face your fears, grow stronger, and lead with service, this book is for you.

[ORDER YOUR COPY ↗](#)



ARSHAY COOPER

# STORIES THAT MOVE YOU FROM FEAR TO COURAGE & FROM STRUGGLE TO STRENGTH.

## A Most Beautiful Thing

*“Five books not to miss 2020” – USA TODAY*

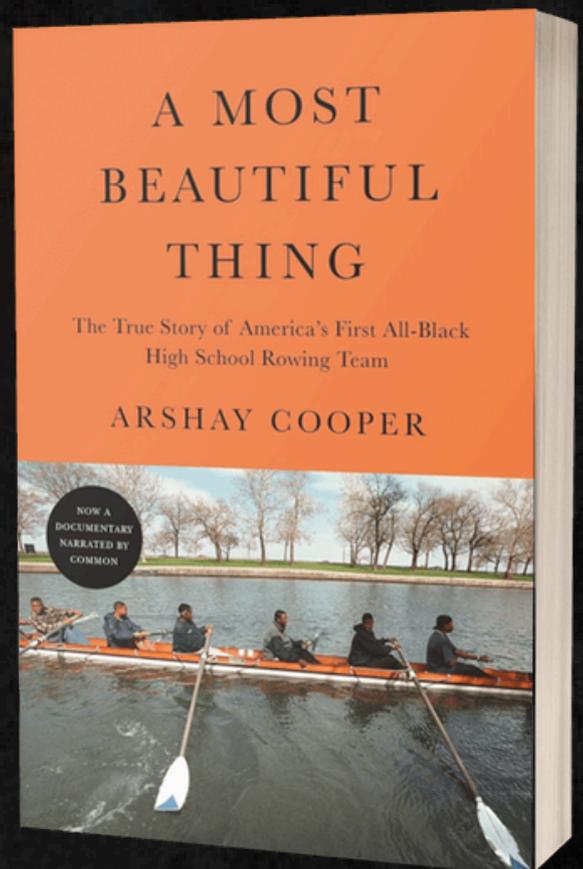
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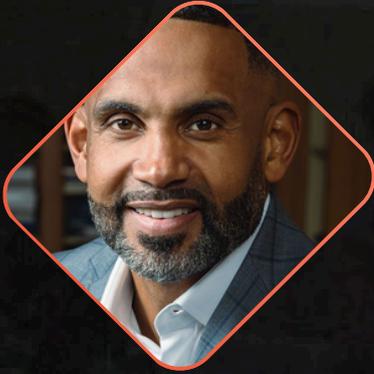
This bestselling memoir inspired the award-winning documentary of the same name, produced by Common, Dwyane Wade, and Grant Hill. It continues to ignite conversations about access, equity, and hope.

[ORDER YOUR COPY ↗](#)



ARSHAY COOPER

# WHAT THEY'RE SAYING...



"Arshay Cooper moved me deeply and profoundly. He is a leader of this generation and his name will be one that soon everyone will know."

### GRANT HILL

Former NBA player and co-owner of the Atlanta Hawks



"Arshay's voice creates better results for those who engage. His story will enhance your life."

### ANITA DEFRANTZ

First Black Olympic Rower and former Vice President of the International Olympic Committee



"Arshay has a story to tell that is a reminder to all of us of the power of one's character. By his words and actions, he inspires people to be extraordinary. He is a poet who can explain the life lessons learned in a skinny boat on calm water."

### PETER DREISSIGACKER

Founder of Concept2



**ARSHAY** COOPER



# WORK WITH **ARSHAY COOPER**

Every movement begins with a conversation.  
Connect with Arshay's team today and take the first step toward creating something truly meaningful.

There's a Way of Working with Arshay for Everyone:

Keynotes

Workshops

Youth Engagements

Community Programs



<https://www.arshaycooper.com>



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