

STAY WOKE, GIVE BACK *VIRTUAL* TOUR
DAY OF EMPOWERMENT
FEATURING JUSTIN MICHAEL WILLIAMS



Justin Michael Williams
More: StayWokeGiveBack.org

On the STAY WOKE, GIVE BACK TOUR, Justin empowers students to take charge of their lives, and their physical and mental wellbeing with mass meditation events at high schools, colleges, and cultural centers across the country.

The tour began LIVE in-person in 2020, but now with the Covid crisis—and students and teachers dealing with the stressors of distance learning—we’ve taken the tour *virtual*, with mass Virtual Assemblies to engage, enliven, and inspire students when they need us most.

From growing up with gunshot holes outside of his bedroom window, to sharing the stage with Deepak Chopra, Justin Michael Williams knows the power of healing to overcome.

Justin is an author, top 20 recording artist, and transformational speaker whose work has been featured by The Wall Street Journal, Grammy.com, Yoga Journal, Billboard, Wanderlust, and South by Southwest. With over a decade of teaching experience, Justin has become a pioneering millennial voice for diversity and inclusion in wellness.

What is the Stay Woke Give Back Tour?

Even before the start of Covid-19, anxiety and emotional unrest have been plaguing our youth, with suicide rates at an all-time high. Our mission is to *disrupt* that pattern. We strive to be a part of the solution *before the problem starts*—and even prevent it from starting in the first place.

Instead of going on a traditional “book tour,” Justin is on a “GIVE BACK” tour. At these dynamic *Virtual Assemblies*—think TED talk meets a music concert—students will receive:

- **EVENT:** private, school-wide Virtual Assembly for entire staff and student body (all tech setup covered by Sounds True Foundation)

- **LONG-TERM SUPPORT:** free access to a 40-day guided audio meditation program, delivered directly to students daily via SMS message every morning, requiring no staff or administrative support.
- **ALL EXPENSES COVERED:** We have partnered with the Sounds True Foundation to raise over \$195k from donors and sponsors. There is **no additional cost** required for schools, students, staff, or administration. This is our gift of giving back.

Additional Details:

- **Program length:** 60 minutes (but can be adjusted to fit with your school schedule: no shorter than 50 minutes, no longer than 75 minutes)
- **Age ranges:** appropriate for youth and faculty ages 13+ (High School and older)
- **Platform:** We use a secure private platform built on Webinarjam. Video is one-way. Students engage in a chatbox. No video is seen or recorded of students.
- **Recording:** A replay of the entire event will be made available immediately for you to share openly with your community.

The mission of the tour is to ensure that all students, especially those dealing with systemic injustice, get the opportunity to *thrive* without cost or access posing a barrier.

We hope you will join us in our mission to *wake up the world*.

Contact: tour@justinmichaelwilliams.com

FEATURED ENDORSEMENTS:

“Inspirational Powerhouse!” —**Grammy.com**

“Enter. Enter. Enter. And trust in your capacity to flower in your own way, for the sake of the world.” —**Jon Kabat-Zinn, PhD**, founder of Mindfulness-Based Stress Reduction (MBSR)

“Williams has created something special. . . . Out of the many voices in the world, this is one we should listen to.” —**Yung Pueblo** [Diego Perez], author of *Inward*

“I wish I would have had this book as a young person navigating racism, sexism, and homophobia. *Stay Woke* is a beacon of light in a time of deep despair.” —**Patrisse Cullors**, co-founder Black Lives Matter

“It's the best book of its kind I've ever read.” —**Shaun King**, activist & author

“*Stay Woke* provides personally tested and scientifically grounded tools and tips to build a solid way of living during these difficult times. Soak in these words of wisdom from Justin Michael Williams.” —**Daniel J. Siegel, MD**, *New York Times* bestselling author of *The Whole-Brain Child*