



YVONNE AND RICH DUTRA-ST. JOHN, MA MFT

Founders of Challenge Day and Be The Change Movement
Authors, *BE THE HERO* you've been waiting for



www.bethehero.us • www.challengeday.org



- Speakers
- Authors
- Facilitators
- Leaders



MOTIVATED BY THEIR TEEN EXPERIENCES

Motivated by memories of their own teen experiences and fueled by a desire to work for positive change, Yvonne and Rich Dutra-St. John created the award-winning Challenge Day program in 1987. Experts on relationship building and communication, Yvonne and Rich have worked for years to break down the walls of negativity, judgment, separation, isolation and loneliness replacing them with compassion, understanding and love. They envision a *world where every child feels safe, loved and celebrated*. Not just every young person, but also the child that still lives in each of our hearts.

AWARD WINNING PROGRAMS

Yvonne and Rich's life-changing work has received numerous awards and has been featured extensively in places such as the **Oprah Winfrey Show**, Emmy Award winning "Teen Files: Surviving High School," "The Bully Solution," a winner of the Canadian Blue Ribbon Award, is the feature of **MTV's** "If You Really Knew Me" and in **USA Network's** "Tom Brokaw Bridging The Divide." In 2005, they were honored as Champions of Forgiveness by the Worldwide Forgiveness Alliance. Their book, **BE THE HERO** you've *been waiting for*, has inspired thousands of readers and has been the basis for countless classroom and family discussions.

DIVERSE SPEAKING ENGAGEMENTS

Speaking with groups of all sizes, Yvonne and Rich have delivered numerous key note presentations, leadership seminars and the Challenge Day program to diverse groups including the Coca-Cola Company, The Million Dollar Round Table, The Kalamazoo Community Foundation, The Boost and Push Conferences, The Peace Alliance, Reach for the Future, TeenWork, Whole Life Expos, D.A.R.E Officers Association, The American Association of Group Psychotherapists, Transfinder Inc., the Girl Scouts of America and more.

EMPOWERING YOU TO BE THE HERO

Committed to the practice of modeling what they teach, their inspirational message of hope, compassion and service permeates everything they do. As individuals, as a couple, and as visionary leaders, Yvonne and Rich have an intuitive ability to demonstrate what it means to live passionate, productive and effective lives, and to empower you to *be the hero you've been waiting for*.