



RESOURCES DIRECTORY

drmonicajackson.com/M4Summit

September 22 - 24, 2023

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DR. MONICA Y. JACKSON
Author • Speaker • Coach • Consultant

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Greetings and Welcome from Dr. Monica



Welcome to the **M4: MEN** (with a) **MESSAGE**, (on a) **MISSION**, (creating a) **MOVEMENT** Virtual Summit. I know this summit is needed; however, I question if it is wanted. Truth isn't always easy to face, but avoiding truth and reality is detrimental to every man, woman, and ultimately society. As we kickoff the M4 Summit, I am still asking why. Why was I given the vision for a summit with 12 men speakers?

I believe it is because I recognized an unmet need when I hosted the T4: Trials, Triumphs, Truths and Tears Virtual Summit in May. I responded to that need, and I am not afraid to have difficult and sometimes controversial topics, unapologetically and authentically. With so pretenders, people trying to measure up to others' expectations, fit in, acting like everything is okay, wanting to only see good, and following passed down norms, traditions, and rituals, some people have never been taught or told that it is okay to be themselves. Many do not discover who they are until much later in life after struggles, pains, and wounds. Many of us have learned to embrace who we are and be courageous enough to unsilence the silenced. Some may never grasp this because they are too afraid of the truth and the awareness and changes it brings. It is my hope that the M4 Summit helps you to become unapologetically and authentically you! In fact, I developed a tool to help you along your journey to authenticity. Refer to my ad to receive this complimentary tool as my gift.

Now allow me a moment of transparency. I did not grow up with any positive male role models in my nucleus family, repeat not one. I did not select the husband that would be my lifetime partner, because quite frankly I didn't see lifetime partners truly partnering. I selected based on what I didn't and did see subconsciously and attempted to follow traditions and norms passed down generationally and religiously. I married the unfaithful, unavailable, and immature. I ignored glaring signals. I discovered that our environments impact us consciously and subconsciously. Even if one grows up with a positive male, one may choose that same type of person, because it's familiar. Some may even go to the extreme, seek the total opposite and create a list of unrealistic, fairytale expectations.

What happens when the fairy is missing and all that's left is the tale and tail? Do we try to make it work by settling, compromising, or "putting in the work" only for a public display of happiness, while privately living in misery? Some stay in relationships or portray an image to maintain an image, status, lifestyle, "for the kids," or religious beliefs, but at what cost? Some prices are too costly and wearing a longevity of unhappiness is a badge of dishonor to one's mental, physical, and spiritual wellbeing. This has led to man down, woman down, family down, church down, workplace down, and society down!

I challenge you to examine your biases, preconceived ideas, and things taught, thought, and believed but not actually known. Let's bridge the gap to understand men from men – uncover their why, which cannot and should not be erased. It will not disappear by avoidance. In fact, it sends a message that what someone experienced and the individual is irrelevant. No matter how uncomfortable it is to talk about difficult topics or unfounded to your beliefs, understand that one man's reality may not be another man's reality. I am so proud of these 12 M4 Summit speakers, are in their 20s to 60s. They are different races, have various socioeconomics, education, and religious beliefs. The commonality is that they all are human beings, men with feelings and emotions who deserve to be heard, understood, respected, and loved. Please leave the M4 Summit with actionable solutions. Jot down key points in the spaces provided in this Resource Directory and during the live segments.

Remember, healing can be a lifetime journey. However, I wholeheartedly believe that there is purpose in pain, strength in struggles and wisdom in wounds. Silence Kills! Speaking Heals! Enjoy the M4 Summit! Too many MAN UPs can lead to MAN DOWN!

Aiming to help **Man Up** not **Man Down**!

Dr. Monica

Dr. Monica Y. Jackson
M4 Summit Visionary & Event Planner



Table of Content

GREETING & WELCOME	1
DAY 1: September 22, 2023	3
DAY 2: September 23, 2023	3
DAY 3: September 24, 2023	5
M4 SUMMIT SPEAKERS	
Eric Cannon	7
Drew Deraney	8
Luke Greenheart	9
Justin Hall	10
Matt Hilliard	11
Calvin Jackson	12
Robert Manolson	13
Dr. Donald Morton	14
Dontá Pitts	15
Schwartzén Précil	16
David Slaney	17
Ray Sorrells Taylor	18
SERVICE PROVIDERS	19
THEME SONG LYRICS - "MAN DOWN"	20
ADVERTISEMENTS	21
SUMMIT REPLAYS	27
NOTE PAGES	28
THANK YOU	42

Disclaimer

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Day 1: September 22, 2023 • Kickoff 4:30 p.m. Pacific

Meet 'n Greet with the M4 Summit Speakers (Zoom)

Day 2: September 23, 2023 • Morning Session 8:00 a.m. Pacific

Join in M4 Summit Facebook Group

Welcome & Introduction

Dr. Monica Y. Jackson, Visionary & Event Planner

Theme Song

"Man Down"

Omega, NCD & Scrub Beats



Ray Taylor • Texas • 45:07:27

Music: I Don't Look Like What I Been Through
Artist: Deon Kipping

Go to Zoom for live Q & A after this presentation



Luke Greenheart • Portugal • 47:07:08

Music: Freedom
Artist: Anthony Hamilton & Elayna Boynton

Go to Zoom for live Q & A after this presentation



David Slaney • California • 20:46:09

Music: Unfaithful
Artist: Rihanna

Go to Zoom for live Q & A after this presentation



MORNING BREAK (Return to M4 Summit Facebook group afterwards)



Day 2: September 23, 2023 • Afternoon Session

Join in M4 Summit Facebook Group



Calvin Jackson • California • 50:09:04

Music: A Change Gonna Come
Artist: Sam Cook

Go to Zoom for live Q & A after this presentation



Matt Hilliard • Canada • 42:38:29

Music: Let's Dance
Artist: David Bowie

Go to Zoom for live Q & A after this presentation



Eric Cannon • California • 26:17:03

Music: Love of Money
Artist: O'Jays

Go to Zoom for live Q & A after this presentation



END OF DAY 2 Closing Remarks

Return to M4 Summit Facebook group on tomorrow morning at 8:00 a.m. (Pacific)

Day 3: September 24, 2023 • Morning Session 8:00 a.m. Pacific

Join in M4 Summit Facebook Group



Schwartz Precil • California • 38:44:13

Music: Bleed the Same
Artist: Mandisa featuring Toby Mac

Go to Zoom for live Q & A after this presentation



Drew Deraney • New Jersey • 30:32:27

Music: Relate
Artist: King and Country

Go to Zoom for live Q & A after this presentation



Dontà Pitts • Texas • 51:23:06

Music: My Story
Artist: Da Truth

Go to Zoom for live Q & A after this presentation



MORNING BREAK

Return to M4 Summit Facebook group afterwards

Day 3: September 24, 2023 • Afternoon Session

Join in M4 Summit Facebook Group



Justin Hall • California • 38:56:16

Music: I Am Changing
Artist: Jennifer Hudson

Go to Zoom for live Q & A after this presentation



Robert Manolson • Canada • 36:50:08

Music: Never Surrender
Artist: Corey Hart

Go to Zoom for live Q & A after this presentation



Dr. Donald Morton • Georgia • 44:36:03

Keynote Speaker & Joint Venture Partner

Music: Started from the Bottom
Artist: Drake

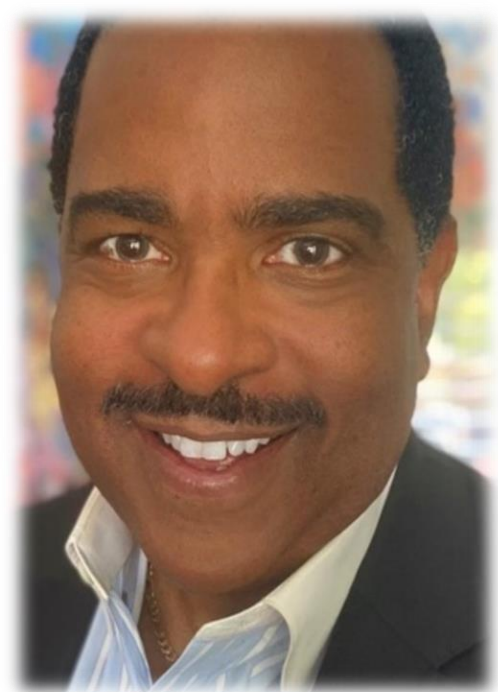
Go to Zoom for live Q & A after this presentation



END OF SUMMIT Closing Remarks

Spread this Message, Mission, Movement Thank You for Attending!





M4 Summit Speaker

Eric Cannon

Financial Planner and Investments Entrepreneur

CALIFORNIA

Eric Cannon became a widow and single parent to three young children after losing his high school sweetheart to cancer, following 25 years of marriage. He later cared for his ailing mother, full-time, losing her during the pandemic. If that wasn't enough, one of his business partners became entangled in unethical and illegal practices which put him in a precarious predicament that resulted in seven years, and counting, in litigation with the Securities and Exchange Commission (SEC) and a \$216 million lawsuit. The stress and strain have taken a toll on him mentally and physically. He had to make tough decisions to avoid total financial ruin and insanity. How would you navigate through these challenges and could you?

With more than 30 years of experience in the insurance, financial planning and investment banking space, Eric specializes in alternative investment vehicles and develops various capital funding strategies for private companies seeking to raise start-up working capital through public capital markets. He has developed a wide range of estate tax liquidity solutions for ultra-high net worth families and company valuation assessments for small to mid-size business owners.

Eric is currently the CEO and Managing Member of Centurypoint Capital Management, LLC. He graduated from the Marshall School of Business at the University of Southern California (USC). He also shared his story for the first time at the T4: Trials, Triumphs, Truths and Tears Virtual Summit in May. Eric is a man with a message, on a mission, creating a movement to encourage men to stand on truth when faced with financial storms.

Resources

Books:

- Unfu*k Yourself by Gary John Bishop
- The Psychology of Money by Morgan Housel
- The Willpower Instinct by Kelly McGonigal, Ph.D.

Connect with Eric C. Cannon

Email: ecannon@centurypointllc.com

Website: centurypointllc.com

Services: financial planning and investments for businesses



M4 Summit Speaker

Drew Deraney

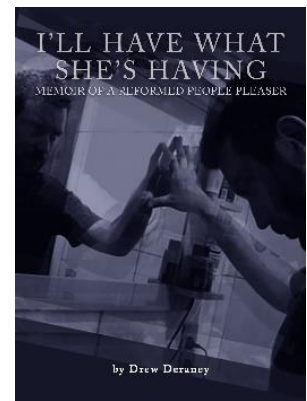
Chief Resilience Officer • Author • Speaker

NEW JERSEY

Drew Deraney experienced a grueling divorce, job loss, suicidal son, and father's death all within nine months. It was devastating emotionally, mentally, physically, and spiritually. This is enough to cause anyone to sink into a deep depression. However, it is common for men to consider any challenge as a weakness and will not show emotion or ask for help. Instead, many men feel the "man thing" to do is to suffer in silence, because acknowledging true feelings is uncomfortable, embarrassing, and violates the proverbial "man code."

As Drew began writing and sharing his journey in his bestselling book, *I'll Have What She's Having — Memoir of a Reformed People Pleaser*, he discovered that he was not the only man suffering in silence. During this time, he gained clarity and purpose. He learned to ask for help and his mission became to help others, especially men, release their inner greatness by showing vulnerability, and maintain their power by operating with integrity while impacting people in their personal and professional lives.

Drew spent 24 years in a hospital career before becoming a solopreneur. He established Profit Compassion, LLC, coaches and empowers, mostly men, to create resiliency and authenticity. He also hosts From Caving in to Crushing It podcast. He was born in Brooklyn, New York and raised in Ho-Ho-Kus, New Jersey. He earned a Bachelor of Arts in Psychology, Master of Arts in Applied Psychology and Master of Business Administration in Health Care Administration. He also earned many other accolades. Drew is a man with a message, on a mission, creating a movement to empower men and women with resiliency and authenticity.



Resources

- People Pleasing Behaviors - <https://www.instagram.com/heybobbibanks/?hl=en>
- People Pleasing <https://www.instagram.com/p/CM7XpW5IZQy/?hl=en>
- Eight Things to Give Up - <https://www.pinterest.com/pin/447967494166710923/>
- <https://www.lovethepic.com/image/358412/8-things-to-give-up>

Connect with Drew Deraney

Email: drew@profitcompassion.com

Website: profitcompassion.com/

Services: coaching, speaking



M4 Summit Speaker

Luke Greenheart

Holistic Health Coach

PORTUGAL

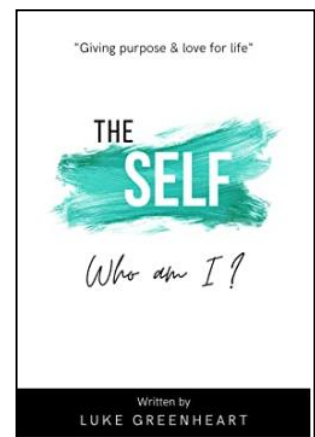
Luke Greenheart battled depression, was suicidal, and raised by a mother who had severe schizophrenia. He kept quiet, hid his struggles, and never thought he would ever share his innermost experiences. Life was just too painful and without hope. However, he realized that by not sharing was not sharing life. He discovered that breath work and self love were paramount to his survival. How are you sharing your life?

After unsilencing his silenced, Luke became a ray of hope, inspiration, and motivation. He said that it felt good to talk about his trauma and shared it with anyone who would listen. He started a YouTube channel where he opened up more, healed more, and in turn helped others heal. Quickly seeing his impact on others, he vows to give unconditional love, compassion, and kindness. Luke established The Selfish Podcast where he promotes being selfish, as in authentic self care.

He was motivated by his experiences and determined to defy his limitations. Luke embarked on a transformative quest across Europe. He witnessed the profound impact of holistic healing and immersed himself in extensive study and training, expanding his repertoire of knowledge and techniques to attain health and vitality.

Luke's expertise enables an integrative, personalized approach to wellness. With genuine compassion and unwavering dedication, he guides individuals on an empowering path to better health—release physical and emotional burdens, unlock their innate potential, and embrace joy, balance, and purpose.

His book, *The Self: Who am I?* is a journey and empowerment to discover identity and purpose, and beautiful insights to pivot and grow. Visit the website for a free consultation session. M4 Summit attendees will receive a complimentary copy of this eBook! Luke is a man with a message, on a mission, creating a movement to help others on their journey to self-discovery and self-love.



Resources

Connect with Luke Greenheart

Email: <https://coachgreenheart.com/contact>

Website: <https://lukegreenheart.com>

<https://coachgreenheart.com>

Services: holistic mental health coaching



M4 Summit Speaker

Justin Hall

SEO Marketing Entrepreneur

CALIFORNIA

Justin Hall has lived in fight or flight mode for 34 years. For all those years, he had emotional outbursts (cry and anger) and could not regulate his emotions. He struggles with cognitive clarity and loses his train of thought. It is challenging for him to learn, which makes him work harder. Standing at 6'8" and 191 pounds, he played sports and constantly worked out but could not gain body mass. He developed "man boobs," and always feels cold, which he attributes to "not having meat on my bones." He also has very little body hair and no facial hair.

He was on Season 15 of the Lifetime TV Show Married at First Sight (MAFS), where he exhibited emotional outbursts and crying spells. His marriage lasted about eight weeks when his wife changed her mind. She also came out in the honeymoon suite about her sexuality and shared that she was bisexual.

After the divorce, Justin found himself in a relationship that was vastly different from his marriage. His current girlfriend is white, in the medical profession, has an affluent background, and attended Ivy League schools. She observed his behavior and suggested something that forever changed his life. Justin is grateful and quickly realized the different tiers and disparities in medical care treatment afforded to the privileged, middle class, and poor. Although Justin is from a middle-class family, he believes that he would still be living life in fight or flight without his girlfriend's affluent background and intelligence.

Current treatment allows Justin to regulate his emotions better. He isn't as forgetful, focuses more, gaining muscle mass, and his man boobs have disappeared. This is all because his girlfriend asked him to have his testosterone levels checked. It revealed that he was born with a genetic condition and extra chromosome. Instead of being born with XY chromosomes, he was born XXY and diagnosed with Klinefelter Syndrome. A viewer watching MAFS sent him a DM suggesting that he had Klinefelter. His thought was, "Black people don't get this shit!" However, the viewer was correct. Justin said his testosterone level was 52 at the time of his diagnosis. He shared that the normal testosterone range for a man is 600 to 700, and a man in his 50s range between 300 and 400. Doctors initially thought Justin had a brain tumor but ruled it out, with lots of blood tests. Justin is a man with a message, on a mission, creating a movement to help men and women understand and detect Klinefelter early and speak about their emotions, which he does on his podcast, Men Let's Talk Emotions.

Resources

(Not provided by speaker)

- Kids <https://kidshealth.org/en/parents/klinefelter-syndrome.html>
- Mayo Clinic <https://www.mayoclinic.org/diseases-conditions/klinefelter-syndrome/symptoms-causes/syc-20353949>

Connect with Justin Hall

Instagram: [The_Colorgrey/](#)
YouTube: [@The_Colorgrey](#)



M4 Summit Speaker

Matt Hilliard

Relationship Coach

CANADA

Matt Hilliard lived much of his adult life investing in a fantasy of what long term relationships should be — easy, comfortable, and sexy. He perfected a damaging and compulsive pattern of coping when fantasy diminished, and reality emerged. He hurt the people he loved the most and lived with a sense of entitlement. He admits that he was deeply lost as a husband, father, and man. He said, “As a child, sadness was not allowed in the home,” and he never observed conflict being resolved and did not know how to resolve conflict.

After a massive, painful upheaval, he recognized his unhealthy behavior and began asking questions: “How am I showing up in the relationship? How and why am I making choices that take my attention away from my partner? How good am I at listening? Do I know what is important to me in a relationship? When shit kicks off, how can I get better at staying and resolving conflict instead of shutting down for days?” Matt learned to really listen, feel, deal with conflict, and understand what is actually happening in his relationships, instead of what he wanted to happen. He also paid attention to his body and brain when conflict surfaced.

About 14 years ago, Matt’s brother gave him a book, *Manhood* by Stephen Biddulph, that changed his life. He learned to be vulnerable around men, identify, and feel his emotions. He discovered how to connect his vulnerability and emotional awareness to show up with strength in some of the most challenging times.

As a result of his own transformation, Matt’s mission is to support men in their development. He is the co-founder and facilitator of Evryman Toronto Men’s Group and a Certified Level 1 Relationship Coach. He was trained by Jayson Gaddis at the Relationship School, received additional training at the Couples Institute, and serves on the board of The ManKind Project Ontario. Matt also facilitates workshops on healthy communication and understanding men’s roles in relationships. His writings have been featured in *Elephant Journal* and he has been interviewed on the Relationship Badass podcast where he spoke about men and intimacy. Matt is a man with message, on a mission, creating a movement to help men and women have healthy, loving relationships.

Resources

Books:

- No More Mr. Nice Guy by Dr. Robert Glover
- I Don’t Want to Talk About It: Overcoming the Secret Legacy of Male Depression by Terry Real
- Manhood: An Action Plan for Changing Men’s Lives by Stephen Biddulph

Connect with Matt Hilliard

Email: matt@mattcoach.com

Website: <https://relationshipsthatwork.coach>

Services: relationship coaching



M4 Summit Speaker

Calvin Jackson

Machinist

CALIFORNIA

Calvin Jackson is a native Californian who was raised by his mother after she and his father divorced. He grew up in Christianity, was a youth usher, and participated regularly in Sunday School and Vacation Bible School. He disliked school, ran with the wrong crowd, and stayed in trouble as child, teen, and well into his adult life, on the streets of Los Angeles. To help him stay alive and out of trouble, his mother sent him to Tennessee to live with his father, a high functioning alcoholic, deacon, Sunday School teacher/superintendent, Mason, and business owner.

Trouble followed Calvin to Tennessee, but not like in the City of Angels! He grew up watching his father drink regularly, graduated from high school and moved back to California. He was drawn back to the streets, in gangs, incarcerated, homeless, and lived in shelters, group homes, and motels. He pleaded guilty to a major crime that he did not commit because he was bullied and intimidated by prosecutors and received improper guidance from family and friends who encouraged him to plead guilty in exchange for a lesser sentence. They failed to understand that their poor guidance would hinder and follow him, unfavorably, for the rest of his life.

Although he did not commit the major crime he was accused of and was exonerated by his accuser who testified and recanted the story, it did not change the outcome because conviction and an unfair jacket were the system's goal. For more than 20 years, he has met with countless attorneys and legal aids to attempt to clear his record. Every attorney said that he never should have received a record or pleaded guilty, and even with a guilty plea, he should not have been given such a harsh sentence. Even with this acknowledgement, no attorney could guarantee his record would be cleared, and many wanted a \$15,000 or more retainer to attempt expungement. Calvin has learned how to navigate through life with great limitations, like many African American men who have been subjected to legal injustices.

Calvin is a man with a message, on a mission creating a movement to encourage men to become and stay sober. He reminds them that if they fall, they can get back up, regroup, refocus, and live, surrounded by mentors and people who are for you, not against you.

Resources

- Alcoholics Anonymous 12 Steps Program

Connect with Calvin Jackson

Email: ca8531653@gmail.com

Services: speaking



M4 Summit Speaker

Robert Manolson

Certified Career Development Professional

CANADA

Robert Manolson knows that men do not traditionally discuss or address mental health. Instead, they exhibit anger, which is often the outward expression of an inward struggle. He is the product of four generations of mental illness on both his mother and father side. While growing up, he was surrounded by mental illness and identified 15 to 20 family members who have been diagnosed with mental illness. It was normal for him to hear negativity, demeaning and disrespectful comments from immediate and extended family members regarding mental illness. He often heard that family members were "suffering" with anxiety and depression.

As a child, Robert experienced high demands and pressures placed on him and his siblings to take care of himself because of his parents' need for prescription drugs to manage their mental health. Robert pinpoints a pivotal life event in 1998 as the "trigger" to his first anxiety and depression experience.

One of the keys to managing mental illness is to know, understand, and communicate, through self-awareness, which far too many men (and women) have not mastered, because it isn't the "man thing" to do. Self-awareness is important so that others can understand and respond accordingly. Robert believes we need positive mental health conversations in the workplace, sensitivity, and respectful language when it comes to mental illness.

Robert is a man with a message, on a mission, creating a movement to live with, manage and discuss mental illness in a more acceptable, positive manner by empowering business leaders to step up and prioritize mental health, daily, as a team.

Resources

- Canadian Mental Health Association <https://cmha.ca/>
- Heads Up Guys <https://headsupguys.org/>

Connect with Robert Manolson

Email: robert@powerfulplay.ca

Website: <https://powerfulplay.ca>

Services: mental health in workplace workshops, training, and leadership



M4 Summit Keynote Speaker Joint Venture Partner

Dr. Donald Morton

Chief Visionary Officer of ReManned™ International

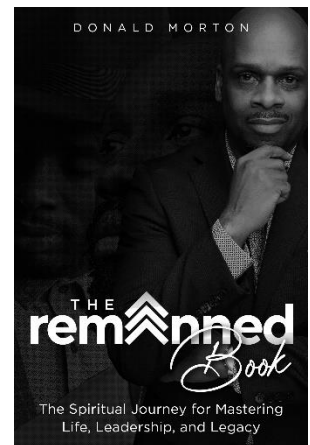
GEORGIA

Dr. Donald Morton was a habitual liar, bound and broken by multiple marriages, divorce, infidelity, business challenges, and bankruptcy. He was always concerned about what others thought about him and wanted to be liked. This caused him to be a people pleaser. He also pastored two churches over a period of 25 years, until he was kicked out of the church. Isn't this the very place that many have been taught is a hospital for the sick and lost to receive hope, help and healing? How can it be if you are not welcomed or told not to return?

After coming to terms with the reality of who he had become, Dr. Morton converted challenges to character and became a beacon of hope outside of the four walls, and sees brilliance buried beneath layers of self-doubt and unfulfilled dreams within himself and other men. As the Character Coach with an innate ability to tap into the depths of men, he draws out the very best that resides within a man, offering transformative coaching and consulting through his organization, ReManned™. He is known for being a confidant, mentor, and trusted ally to those who have felt the weight of the world on their shoulders far too long. He understands the unique challenges and pain that weighs heavy on a Black man's soul, because that's the skin that covers his soul.

Dr. Morton walks with his clients, sharing their burdens, championing their triumphs, and has an unwavering belief in their potential. His passion is infectious as he provides Black men space to explore their vulnerabilities, heal their wounds, and redefine their identities. He passionately and fearlessly confronts the pain that Black men carry, challenges them to rise above circumstances and teaches them to embrace their power.

He has unwavering determination and commitment to transform adult Black men who yearn for more, refuse to settle for mediocrity, and hunger for success in all forms. Dr. Morton empowers men to rise above societal limitations and step into positions of influence and impact. Check out Dr. Morton's unapologetically masculine space in the private Facebook group, ReManned: The Mecca for Black Male Liberation. Dr. Morton is a man with a message, on a mission, creating a movement to guide men to master life, leadership, and legacy.



Resources

Books:

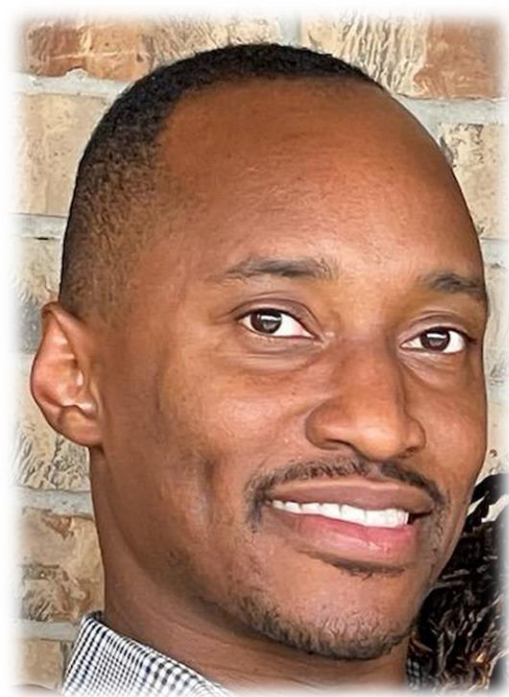
- The Way of The Superior Man by David Deida
- Adversity for Sale by Jay "Jeezy" Jenkins
- Start With Why by Simon Sinek

Connect with Dr. Donald Morton

Website: <https://www.remanned.info/>
<https://theremannedbook.com/>

Services: coaching, speaking, courses, consulting





M4 Summit Speaker

Dontá Pitts

Information Technology Professional

TEXAS

Dontá Pitts navigates the unexpected hand that he has been dealt. He has weathered storms and life has brought great challenges. He is an only child who has been married to his wife, Melinda, for 14 years. She is a board-certified nurse practitioner who specializes in mental health. She was a T4: Trials, Triumphs, Truths and Tears Summit speaker in May and shared her personal challenges with depression and anxiety, having two boys before meeting and marrying Dontá, and experiencing various other life challenges.

Not only did Dontá marry Melinda, adopt her two sons, and accept her past, they welcomed a baby boy, then an unexpected set of triplets – two boys and a girl. Triplets did not run in either family and they did not undergo fertility treatment. Two of their boys were diagnosed with autism. Everyone looks at these challenges from a woman's viewpoint. Very few will ask a man how he is feeling or doing when it comes to storms in life and listen with care and concern that is often offered to women only. The world has forgotten that men are human beings who feel and have emotions too. Dontá candidly shares how this impacted and impacts him as a man, father, and husband.

As the head of the family, taking on this level of responsibility can seem daunting and challenging. No one talks about the impact disabilities, traumatic events, and illnesses have on loved ones who are the provider, protector, and problem solver. What about the man? How has this impacted him? What are his feelings? How does he take care of himself while taking care of his family?

His six children's ages range from 11 to 23. Dontá says he takes one day at a time, has a helping spirit – listening to a story, telling his story, and using his skills to solve problems. He has worked in pharmacy and healthcare for 20 years and works in the information technology field on Electronic Healthcare Records. Dontá is a man with a message, on a mission, creating a movement to encourage others to never give up while weathering life's storms.

Resources

- A Therapized Life
<https://atherapizedlife.com>

Connect with Dontá Pitts

Facebook: <https://www.facebook.com/donta.pitts>
LinkedIn: <https://www.linkedin.com/in/donta-pitts-84a07473/>



M4 Summit Speaker

Schwartzén Précil

Author • Speaker • Mentor

CALIFORNIA

Schwartzén Précil has endured great pain and struggles throughout his life. He was placed in the New York foster care system after being orphaned at just one year old. He grew up on the streets and ran away from several foster homes. This put him on a self-destructing path, becoming a victim of sex trafficking, struggling with his identity, poverty, gangs, violence, and incarceration. After being arrested, he used basketball to liberate himself and took a different path to a global career playing basketball. Although this was his ticket out of negativity, he faced new obstacles with a one-way ticket to college.

This change took a toll on his mental health. He experienced the reality of being alone as a man on a college campus. He learned that he could cry, but no one would be there to hold his hand. There were no parents to call. He drank and smoked to numb his internal pain and contemplated suicide.

He was adopted at age 14 and found his biological family after 25 years! When he met them, he asked, "Where ya'll been family? You know what I have been through? Explain to me why it took me 25 years to find ya'll?"

Schwartzén knows that preconceived judgment leaves no room to feel, without fear and believes men have been conditioned to swallow their pain instead of their pride. He leans on, "For his strength is perfected in mankind's weakness!" He says, "I went into emotional closets that I locked away so I could hear my heavenly father say, 'You are chosen.'" He learned how to feel without fear and discovered freedom from emotional incarceration.

Schwartzén was recognized by CBN's 700 Club for his will to remain hopeful during early childhood adversity. He is an American Best Book award finalist for his young adult, nonfiction book, *Be Your Own Hero: Turning Obstacles into Opportunities*. He also earned awards for his mentorship and leadership. Schwartzén is a man with a message, on a mission, creating a movement for men and youth to discover and be their own hero.



Resource

Children's Rights
<https://www.childrensrights.org/news-voices/my-experiences-in-foster-care>

Connect with Schwartzén Précil

Email: heartbeatofheroes@gmail.com
Website: <http://www.heroleadershipgroup.com/>
Services: mentorship, leadership, speaking





M4 Summit Speaker

David Slaney

Marine Corp Veteran

CALIFORNIA

David Slaney was born and raised in Long Beach, California. His parents divorced when he was only 12 years old. His father was unfaithful, but his mother repeatedly took him back. His parents argued, disrespected each other, and called each other derogatory names. They had so much contempt for each other that David's father refused to attend his wedding. As a result, David was hurt and resented his father for a long time.

Later in life, a family member passed. His father attended the service and consoled David's mother. He eventually forgave his father. Three years later, his mother had a stroke and could not walk. His father was by her side. It appeared as if they all had resolved their differences. David's mother died three years later; his father did not attend her funeral. This hurt and angered David, causing him to stop speaking to his father for seven years. In 2009, he forgave his father, and they resumed a father-son relationship until his father died.

David experienced residual damage from his relationship with his father and death. David. He had a difficult time when his caregiver brother became a product of the criminal justice system and was no longer around to take care of him. This caused David to feel alone and abandoned, as he lived in a violent neighborhood without a man to talk to or guide him.

While growing up, he was shy and told that he was unattractive. However, he vowed to not become a product of his environment or the things he witnessed. When he was 16 years old, he met a young lady and was immediately smitten. He describes it as how Steve Urkel felt about Laura Winslow in the show Family Matters. He held his "Laura" to higher standards and knew she was destined to be his wife. He pursued her for six years, even after her boyfriend impregnated her as a teen. David was still willing to do everything to win her over, even risking physical harm. He was threatened by "Laura's" father and beat up by "Laura's" boyfriend. This didn't stop his pursuit of "Laura" until six years later. However, "Laura" surfaced after she and David were married to other people. The reunion was unexpected and bittersweet.

During David's 22 years of marriage, he discovered that his wife had an affair when she was viciously attacked on her job by the "other man." The residuals of his wounds were intense anger and he spiraled until he enrolled in a 12-week study at his church, "Making Peace with Your Past." David is a man with a message, on a mission creating a movement to let the world know that men get played too, have feelings, cry hard and love even harder.

Resources

- Book: The Assassination of the Black Male Image" by Dr. Earl Ofari Hutchison

Connect with David Slaney

Facebook: <https://www.facebook.com/david.slaney.56>
<https://www.facebook.com/david.slaney.77>



M4 Summit Speaker

Ray Sorrells Taylor

National Certified Medical Assistant • Gospel Vocalist • Fashion Designer

TEXAS

Ray was born and raised by a single mother in Austin, Texas. Although he did not grow up with his biological father, the void was filled by a father who counted him in, not out. Ray has been accustomed to being counted out and mistreated most of his life by family members, especially his very own mother. Classmates bullied, teased, and taunted him because they said he wanted to be a girl. The church, which proclaims love, showed it the least. He grew up singing in the church since he was five years old. Christians judged, tormented, and intimidated him within the church edifice all because he is a homosexual man and call him gay. Although gay means happy, Ray did not feel happy in his home, at school, or church, and says, "I didn't choose this lifestyle. Who would choose to be a homosexual?" So, why does society push narratives believed, but are not 100% known?

The stress and strain from such harsh treatment took a toll on him mentally, emotionally, and physically. He battled depression. Around age 15, he was confined to a walker and wheelchair. Medical doctors could not find a medical reason for his condition and attributed it to stress. He was also diagnosed with myopathy, a disease that results in muscular weakness. Ray has undergone various surgeries and had other medical issues. Around age 25, yes 10 years later, he regained use of his extremities and walked again. He still experiences pain, but he remains true to his faith and thanks the Lord for allowing him to walk again.

Even though Ray experienced major setbacks and pain that includes family loss, relationship problems, insecurities, childhood trauma, and societal cruelty, inside and outside the church, he believes real love exists and it is possible to find purpose in pain. He is true to his gospel roots and loves to minister with his anointed, God-given voice. He does not attend church but has a strong desire to be in church. Yet, the church does not welcome him because of his sexuality. Where is the love shown to people who are not like the same?

A doctor took a special interest in Ray. This and his medical challenges led him to enroll in The College of Healthcare Professions, where he graduated and became a Certified Medical Assistant (CMA). After his internship at Texas Oncology, he worked for Seton Heart Institute. He is continuing his education to become a Licensed Vocational Nurse (LVN). In September 2019, he established a fashion design business, named it Uniquely Made Design, and experienced his first fashion show in November 2019. Ray has dreams and uses his pain to motivate others as an inspirational speaker. He loves the Lord and cannot wait to experience all of God's blessings. Ray is a man with a message, on a mission, creating a movement that is simply to walk confidently and authentically.

Resources

- Blackbird (2014 Film Tubi, YouTube, Roku, Apple TV) <https://g.co/kgs/rtyYBu>
- Book: Deserved to be Loved by Rodney Rousell

Connect with Ray Sorrells Taylor

Facebook: Ray Sorrells Taylor
<https://www.facebook.com/raynell.sorrellswilliams>
Instagram: UniquelyMadeDesign
Services: speaker, vocalist, fashion designer

M4 Summit Service Providers



Omega | Singer, Producer, Songwriter
with Scrub Beats Music Producer

Los Angeles, California native, Omega, has been singing and acting since age six. Her impressive resume includes being cast as Dorothy in the Wiz and Anybodys in West Side Story. Some of her singing accolades include performing and recording with R & B artists (Vesta Williams, Glen Jones, Jeffrey Osbourne, The Miracles, For Real, Kari Taylor and countless others), Pop artist Madonna and Hip-Hop artists (Y\$N-Vee, Dr. Dre/Aftermath, Ice Cube, The Westside Connection). She has graced various stages including the Los Angeles Convention Center. Omega was signed to three major record labels (Motown, Polygram, and Def Jam). She collaborated with Scrub Beats, a new music producer from Inglewood, California, on the T4: Trials, Triumphs, Truths and Tears Summit theme song, "Triumphant." Some of Scrub Beats' credits include Y\$N-Vee and theme song for the Kourtney & Eddie Show. The teamed up on the theme song, "Man Down" for the M4: Men, Message, Mission, Movement Summit.

Instagram: @bosschick66



Dr. Monica Y. Jackson Education & Design Services

Dr. Monica is a Los Angeles, California native. She planned and executed all aspects of the M4 Summit, video recording/editing, voiceover, layout, and design for the M4 Summit Resources Directory. She offers speaking, coaching, consulting and courses to individuals and businesses, and is the author of her recent book Wounds of Wisdom. She is a certified project manager and instructional designer.

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Man Down!

Written and Produced by Omega, NCD, and Scrub Beats
© 2023 by Omega, NCD and Scrub Beats

Oooooo ooo ooo ooo ooo ooo
Man Up, Man Up, Man Up, Man Down
Hey ay, ay, yah

Verse 1

For men, life can be unkind (they say that a)
A man carries the weight of the world (on their shoulders)

From the time he's a little soldier
All the way until he's older
Society tries to break them (society's breaking you)

But I'm here to tell ya
That life will get much better
When you understand we're all human

Chorus

They say that a man ain't supposed to cry (no, no)
So wipe the tears from your eyes
You need to man up! (baby)
You gotta man up! (sugar)

Being weak is not how you're supposed to be
You gotta be strong
Be tough and believe that
Too many **MAN UPS** can lead to **MAN DOWN**

Verse 2

It's okay to not be okay (they say that)
Don't let your emotions get in the way!
(oh no, oh no, you can't)

Sometimes you try to hide it
Other times you try to fight it
Don't let society break you! (society's breaking you)

So be encouraged
Don't get discouraged
God has a plan for you!!

Repeat chorus



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Ray Sorrelles Taylor


Gospel Vocalist
Fashion Designer
Inspirational Speaker

www.facebook.com/raynell.sorrellswilliams



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Omega

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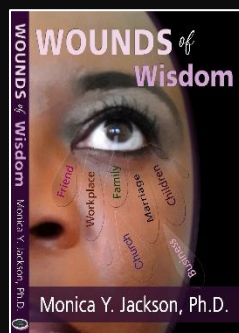
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M4 Summit Note Page

Three Major Takeaways

Eric Cannon
SPEAKER

1.
2.
3.

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M4 Summit Note Page

Three Major Takeaways

Drew Deraney
SPEAKER

1.	
2.	
3.	

[illegible]

M4 Summit Note Page

Three Major Takeaways

Luke Greenheart
SPEAKER

1.
2.
3.

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M4 Summit Note Page

Three Major Takeaways

Justin Hall
SPEAKER

1.	
2.	
3.	

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M4 Summit Note Page

Three Major Takeaways

Matt Hilliard
SPEAKER

1.	
2.	
3.	

[illegible]

M4 Summit Note Page

Three Major Takeaways

Calvin Jackson
SPEAKER

1.
2.
3.

[illegible]

M4 Summit Note Page

Three Major Takeaways

Robert Manolson
SPEAKER

1.	
2.	
3.	

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M4 Summit Note Page

Three Major Takeaways

Dr. Donald Morton
SPEAKER

1.	
2.	
3.	

[illegible]

M4 Summit Note Page

Three Major Takeaways

Dontá Pitts
SPEAKER

1.

2.

3.

M4 Summit Note Page

Three Major Takeaways

Schwarzen Precil
SPEAKER

1.
2.
3.

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M4 Summit Note Page

Three Major Takeaways

David Slaney
SPEAKER

1.
2.
3.

[illegible]

M4 Summit Note Page

Three Major Takeaways

Ray Sorrells Taylor
SPEAKER

1.	
2.	
3.	

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Thank You

Special thanks to every attendee, individual who promoted the M4 Summit, advertised, provided services or funded a scholarship. The M4: Message, Mission, Movement Summit would not have been a success, without you. Additional gratitude is extended to:

M4 SUMMIT SPEAKERS

Eric Cannon
Drew Deraney
Luke Greenheart
Justin Hall
Matt Hilliard
Calvin Jackson
Robert Manolson
Dr. Donald Morton
Dontá Pitts
Schwartzén Précil
David Slaney
Ray Sorrells Taylor

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