

# Tychon Carter

CREATOR. SPEAKER. COMMUNITY BUILDER. COACH

## Tychon Carter's Biography

Tychon Carter is a distinguished Canadian Reality TV star, notably known for trailblazing history as the first Black Winner of *Big Brother Canada*. His journey extended beyond the confines of the Big Brother house, where he further showcased his tenacity and versatility as a contestant on *The Amazing Race Canada*. Beyond the glitz and glamour of the entertainment industry, Tychon is dedicated to making a positive impact in his community.

Although his professional background is in Urban Planning, Tychon seamlessly transitioned from reality television into a multifaceted career as a social media influencer, motivational speaker, actor, and community builder. Through his roles as an actor and community builder, he seeks to inspire and uplift those around him, fostering a sense of unity and empowerment. In the dynamic realm of social media, Tychon stands out not only for his captivating on-screen presence but also for his commitment to using the power of one's platform for positive change. Tychon's authenticity shines through as he fearlessly documents his challenges, inviting his audience to join him on a journey of self-discovery and resilience.

Tychon is a dynamic motivational speaker and captivates audiences with his unique blend of engaging storytelling and humour to weave a narrative that inspires and empowers. In his presentations, Tychon offers valuable insights into the intricacies of emotional well-being. He guides learners on a path to defining emotional boundaries, equipping them with assertiveness techniques, and fostering inclusivity within their communities.

Whether he is navigating the complexities of reality TV or advocating for mental health awareness, Tychon remains a beacon of inspiration, leading by example and leaving an indelible mark on the landscape of entertainment and personal development.

## Signature Workshops

**1. Self-Love in the Age of Social Media:** This interactive session explores the impact of social media on our self-perception and provides practical tools for fostering self-acceptance and resilience. **Participants will gain valuable insights to:**

- Recognize and Challenge Social Media Myths
- Cultivate Mindful Social Media Habits
- Develop Self-Compassion
- Create Supportive Online Communities
- Enhance Self-Esteem

**2. Turning Setbacks into Superpowers: Living Your Truth Amidst Adversity:** This transformative workshop invites all individuals to explore the journey of overcoming adversity and embracing personal growth. **Participants will gain valuable insights to:**

- Establish Emotional Boundaries
- Master Assertiveness
- Cultivate Wellness in Community
- Strategic Adversity Management

