

# Matthew Solomon

5891 ½ Doverwood Dr.  
Culver City, Ca 90230  
323-356-9512

## Education

**Heal Thyself Diversity Training (2019):** Diversity and inclusion awareness and training, revealing and assessing personal biases, institutional racism, American history and indigenous peoples, healing through compassion.

**PAX Programs (2016):** Relationship education, understanding women, understanding men, advanced communication techniques.

**Landmark Worldwide (2011 – 2016):** Personal and professional development, The Curriculum for Living, leadership training, communication, project development and delivery, advanced listening skills, relationship building, effective partnerships, creating structures for meeting goals, creating myself as a man of integrity.

**Three-In-One Concepts (1999 – 2000):** Stress reduction counseling and facilitating, kinesiology, understanding thinking patterns and emotional responses, alternative healing techniques.

**University of Southern California (1991 – 1995):** Studio/Jazz Guitar major with a minor in Sociology, and an interest in comparative religion and Anthropology.

## Experience

**Daemen College, *Campus Consultant* (2019-2020):** During this year-long immersion, I facilitate conversations to create a culture of inclusion on campus at Daemen College; Consult with the President and Vice-Presidents to determine the most direct and effective courses of action; Direct workshops for faculty, staff and students; Teach effective listening techniques and communication strategies; Mediate discussions on needs, goals and agreements; Introduce the benefits of inclusion-awareness and diversity programs on campus; Directly coach faculty, staff and students to empower them in their pursuits.

**Coach with Matthew Solomon (2017 – present):** My clients include *culturally diverse* groups, couples and individuals, actualized as: Guest speaking on panels hosted by people of color to participate in discussions that address racism, sexism and homophobia; Direct clients in effective partnership building, resulting in transformations in their business and personal relationships; Teach effective communication and relationship building skills; Build an environment in which clients share that they feel heard, understood and supported; Create a safe space for everyone to participate, which facilitates healing and quickly moves these conversations forward; Foster an environment in which clients are poised to maintain their results independently; Empower clients to be happier, emotionally healthier and more-effective in their lives; Regularly appear as an expert guest on various television, radio, web and podcasts; Facilitate workshops for schools and businesses, such as: Cal State Dominguez Hills and World Financial Group.

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**Landmark Worldwide (2012 – 2016):** I effectively led programs, and trained leaders and teams, in various capacities, for one of the most rigorous personal and professional training and development companies in the world. Accountabilities included:

- **Program Leader:** Led effective introductions for adults, teens and young people; Engaged participants and guests in discussions about their lives and the things that were important to them; Established a safe space for participants and guests to open up and share from their personal lives, while authentically looking at the things that were not working for them; Empowered participants and guests in declaring new possibilities that resulted in greater levels of happiness, effectiveness and full self-expression.
- **Program Leader Accountable for Training Teams in the Family Division:** Engineered new training programs and workshops that increased the effectiveness of Family Division teams; Trained and directed new leaders in exhibiting the higher levels of integrity and sensitivity required for interactions with teens, young people and their families; Demonstrated a deep understanding of how to relate with participants of different ages, needs and levels of awareness.
- **Coached and Trained Introduction Leaders:** Trained and evaluated future Introduction Leaders; Coached them through embodying the introduction format; Instructed them on how to facilitate the types of sensitive conversations required to enable guests to open up and share deep and personal information about their lives, so that new and empowering possibilities could be created; Educated them on the creation of effective structures to fulfill on their goals and promises.

**Personal Intention Creative Empowerment (2005 – 2010):** Personal coaching for individuals, incorporating multi-media. In my work, I empowered clients in living more fulfilling and effective lives; Identified and facilitated the healing of deep traumas and repetitive negative patterns; Created individualized programs to suit the clients' needs; Utilized alternative healing modalities to resolve their personal issues; Designed individualized audio-video programs to support clients in their healing.

**Stress Reduction Facilitator (1999 – 2010):** I worked with clients to identify and address their personal issues and traumas; Established counseling practices based on listening, understanding, and solutions-based programs that involved counseling, kinesiology, alternative healing practices and meditation.

## **Publications**

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***Be Kind & Co. (2019 – present):*** I write a monthly column and am interviewed on-camera, addressing kindness, masculinity, creating mutually-beneficial partnerships and relationships and creating a culture of kindness.

- “Kindness and Masculinity.” 8/9/2019

***The Good Men Project (2018 – present):*** I write the weekly column, “Too Sensitive,” addressing issues of racism, sexism, #metoo and how to have successful relationships. The following articles have directly addressed these topics:

[coachwithmatthewsolomon@gmail.com](mailto:coachwithmatthewsolomon@gmail.com)  
[www.coachwithmatthewsolomon.com](http://www.coachwithmatthewsolomon.com)

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- *“White Fragility and the Entertainment Business: Not Everyone is Interested in Diversity.”* 10/15/2019
- *“We Need to Design Better Sex Education for Kids: Let’s Give Them the Information They Need.”* 7/18/2019
- *“Exploring Nature versus Conscious Creation: What is Healthy Attraction?”* 8/30/2019
- *“The Politics of Healing: How Are Love and Connection Even Possible with So Much Hate in the Air?”* 3/26/2019
- *“More Than ‘No’: Can We Re-Write the Rules for Consent?”* 3/19/2019
- *“The Magic of Intersectionality: If You Are Open to Seeing what is In Your Blindspot of Sexism, Racism and Homophobia, It Gets Easier.”* 2/19/2019
- *“But I’m an Ally: The Truth About Division.”* 1/29/2019
- *“Stop Whitepeopling: Stop Doing Things That Dismiss a Culture That is Not White.”* 10/10/2018

**Guest Contributor (2018 – present):** I am regularly invited to contribute to various publications, such as: *Up Journal, Up Worthy and Family Minded.*

**“Man School: Relating with Women in the #MeToo Era” (MTG Publications, released 2018):** “Man School” is an acknowledgment of women, and a nonjudgmental education for men in how we got here, why women are angry and who men get to become to provide the safe and healing space that we all need. This book was a #1 New Release on Amazon in 6 categories.

## **Conference Participation**

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**“Listen. Speak. Connect.” (August 22, 2019):** Co-Facilitator on the topics of transforming corporate culture, effective communication and authenticity in networking.

**“Student Excellence and Persistence Presidential Retention Summit,” Daemen College (August 21, 2019):** Keynote Speaker on the topic of creating a culture of community and partnership through effective listening, communication and inclusion.

**“The Southern California Intimacy Immersion” (June 30, 2019):** Co-Facilitator on the topic of effective communication, creating intimacy and creating fulfilling partnerships in all areas of the participants’ lives.

**“Sacred Family Summit” (February 17, 2019):** Keynote Speaker on the topic of teaching inclusion and diversity at an elementary school level.

**“LA COMIC CON” (October 28, 2018):** “Dating for Geeks” panelist, discussing racism, #metoo, consent and relationships.

**“Uncharted Territory: Women and Men as Allies in Dismantling Patriarchy, Intersectionality of Race and Gender” (October 18-19, 2018):** Panelist and Keynote Speaker on the topic of having race and gender conversations, acknowledging cultural differences and how to heal the divide.

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**“Healing Masculinity, Healing Mankind” (October 6, 2018):** Keynote Speaker on the topic of understanding race and gender issues, while healing white privilege.

## **Most-Notable Media Appearances**

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*The Divorce Survival Guide* (7/17/2019)

*Man Alive with Shana James* (2/20/2019)

*The Mentality Show* (2/20/2019)

*That’s Not How That Works* (2/6/2019)

*Sex and Happiness with Laurie Handlers* (2/17/2019), (12/24/2019)

*LA40* (1/31/2019)

*AJ+ (Al Jazeera English)* (12/9/2018)

*Private Parts Unknown (FKA Reality Bytes)* (8/1/2019)

*Good Morning LALA Land with Dr. Erin Fall Haskell & Rob Mack* (6/29/2018)

*Conscious Living with Dr. Nancy Sutton-Pierce* (6/16/2018)

*KTLA Morning News* (6/22/2018)

## **Additional Experience**

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**Kung Fu Man Films (2010 – present):** My production company produces feature films, short films and new media projects. In my capacities as a Director, Writer and Producer, I utilize my communication, relationship and partnership-building skills to assemble successful production teams; Empower actors and crew to give their absolute best performances; Produce award-winning projects; Demonstrate a commitment to diversity on all sides of the camera, with lead actors and key department positions being held by people of color. Additionally, I was named “Best Emerging Filmmaker” in 2015 and have secured distribution and financing for several projects, resulting in generated income.

**Association of Kenpo Martial Artists (1998 – 2009):** As a Black Belt and “Sempai” (senior instructor), I taught self-defense, as well as counseled students in their lives; Developed virtues in myself and my students, such as: honor, integrity, justice and perseverance; Promoted non-violent conflict resolution; Developed training in situational awareness; Utilized and expanded my capacity for communication and understanding; Identified and amplified my personal power.