

Paul Andre' Posey is a powerful voice for resilience, leadership, and mental wellness, drawing from a life rich in experience and transformation. Born in 1967 in Gary, IN, he was raised by a single mother, a US Steel worker, alongside four siblings. His professional journey began with service in the United States Marine Corps, a foundational experience that shaped his approach to life and leadership.

A proud alumnus of Georgetown University and Texas A&M, Paul has dedicated his career to empowering individuals and fostering positive change. He is a former VA Housing Specialist for homeless veterans and the author of 15 books focused on men's mental health and personal growth. His expertise is further solidified by his certifications as a Mental Health First Aider, Anger Management Specialist, and Life Coach.

As a father of seven and grandfather, Paul embarked on a profound journey of self-discovery in 2016. What began as personal therapy evolved into a deeper mission: to share the insights and healing he gained. This internal healing not only transformed his own life but also inspired significant positive changes within his family and community, ultimately revealing his true calling—a unified mission that integrates every aspect of his diverse life experiences.

Paul's work offers invaluable insights for universities, businesses, and veteran organizations seeking to promote mental well-being and personal development.