

**MEDIA
KIT**

**YONAH
BUDD**

**PUBLIC SPEAKER,
PERFORMANCE
COACH & THERAPIST**

WWW.YONAHBUDD.COM

www.yonahbudd.com



ABOUT

YONAH BUDD

CANADA'S RADIO THERAPIST

Yonah Budd, a distinguished **Syndicated Radio Host** at **Corus Entertainment**, is more than just a voice on the airwaves. With a captivating presence and an unparalleled ability to **connect with audiences**, Yonah brings his message of inspiration and empowerment to auditoriums, boardrooms, and conferences alike. Whether addressing a packed room or engaging in intimate team-building discussions, Yonah's **magnetic personality** and insightful perspective leaves a lasting impression, **motivating individuals** to seize the day and make it truly remarkable. With every appearance, Yonah sparks enthusiasm and ignites a sense of possibility, leaving his audience energized and ready to **embrace their potential**.

Yonah is an experienced **performance coach**, therapist and criminal investigator who has been helping individuals and organizations reach their potential for over 40 years. He has extensive experience in the fields of **crisis management, human performance, mental health and addiction**.

www.yonahbudd.com

BIOGRAPHY

Yonah Budd's career spans more than four decades. He shines as a remarkable example of dedication to mental health and personal development in Canada. Yonah is known as *Canada's Radio Therapist* on Corus Entertainment's syndicated radio show, 'At Your Best.' On the show, he offers understanding and advice for listeners who call in about overcoming mental and physical obstacles to become their best selves.

Although Yonah's past role as a Volunteer Chaplain is behind him, the experience enriched his deep commitment to the transformative power of support and guidance. His belief in personal redemption has left a lasting impact on those he has helped.

Innovative and proactive, Yonah co-created 'Recover @ Home,' a pioneering service that brings addiction treatment to the comfort and privacy of one's home. He also helped establish 'The Farm in Stouffville,' planting seeds of tranquility and recovery for individuals struggling with mental health and addiction in a peaceful natural setting.

Yonah's passion for aiding at-risk youth shines through in his dedicated counselling practice, providing pivotal support and crisis management for young individuals and their families when they need it most.

His unique portfolio also includes being a licensed private investigator. He has done hundreds of youth rescues, specializing in criminal activity as a result of unstable mental health and addiction.

As a performance coach, Yonah helps athletes, entrepreneurs, and business professionals achieve their peak performance to meet their goals. His passion for seeing people realize their full potential is evident in his work. Yonah has developed unique approaches for helping teams and organizations create successful, harmonious cultures to maximize their objectives.

Now, as an established professional speaker, Yonah Budd is leveraging his wealth of experience to leave a lasting impression on audiences at events and conferences. His speaking engagements are not just talks but transformative experiences. Participants are moved by his stories of change, motivated by his strategies for success, and uplifted by his enduring compassion. Yonah crafts each presentation to resonate deeply, delivering powerful messages that inspire action and foster resilience among those who have the pleasure of listening. His lifetime of expertise ensures that every event becomes a memorable milestone for its attendees, filled with insights, breakthroughs, and profound reflections.

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REASONS WHY YONAH BUDD WILL ADD VALUE TO YOUR NEXT EVENT

1. Expertise in Mental Health and Addiction:

Yonah Budd brings over forty years of experience in the mental health and addiction field. His nuanced understanding and professional background provide valuable, actionable insights based on real-world experience, offering audiences unparalleled expertise and advice in these crucial areas.

2. Dynamic Storytelling:

With a career that includes impactful roles like being a syndicated radio host, private investigator and a volunteer chaplain, Yonah has a depth of compelling and humane stories. His vibrant storytelling captivates audiences, driving home powerful messages in a way that facts and figures alone cannot achieve.

3. Engagement with Diverse Audiences:

Given his rich history of working with a broad spectrum of individuals—from inmates to at-risk youth and business professionals—Yonah connects with audience members from all walks of life. He knows how to tailor his message to resonate with everyone in the room.

4. Actionable Strategies for Improvement:

Yonah's speeches go beyond theoretical knowledge. He imparts practical, tangible strategies that individuals can implement in their lives and workplaces. His advice is not just inspiring but leads to meaningful personal and professional growth.

5. Impactful Presence:

There's a magnetic quality to Yonah's presence that leaves a lasting impression. Whether it's a question of conveying warmth, understanding, or commanding attention with authority, he exudes a professional gravitas that makes his interventions impactful long after the event has concluded.

POPULAR TOPICS

BUILDING BRIDGES

An insightful session on fostering constructive dialogue and resolving conflicts. With expertise in therapy and organizational development, Yonah shares practical strategies for bridging divides and finding common ground, whether at work or in personal relationships.

DOES YOUR SUIT FIT

Yonah cuts through the noise to offer practical tips on embracing your true self. Drawing from decades of experience, he shares simple strategies to boost confidence and authenticity learning how to wear the suit that fits.

MAKE IT A GREAT DAY

This engaging session inspires and empowers audiences to seize each day with enthusiasm and purpose. Discover how small shifts in mindset and behavior can lead to greater fulfillment and success in both personal and professional realms.



TESTIMONIALS

“88% of participants gave you a 5 (on a scale of 1 - 5) with a comment added More Material from Yonah Budd. Fantastic!”

-Cyndy Skillins

“When Yonah’s in the building, you know Yonah is in the building, he comes with energy, he knows little pieces about everyone. Since working with Yonah we are seeing such a big difference in the culture, in people’s demeanour when they’re coming to work .”

-Brett Boake, GM of Score

“Yonah's style is very down to earth and engaging. He really delivered by sharing his insight on building bridges and connecting in relationships in way that we can all relate to. I found it informative and entertaining.”

-Participant of Building Bridges Workshop

“I have been coached by Yonah for the last few years and it has had a profound impact on my life. The Way he is able to make you consider your actions and question your motives has helped me better understand how I approach my work, life and relationships.”

-Mathew K. Score, Sales Executive

As a Senior Account Executive at Score, where I manage a team and handle over \$5 million in annual sales across various corporate clients, the impact of having a coach like Yonah cannot be overstated. Since Yonah joined our company as a business and life coach, my professional and personal landscapes have transformed remarkably. His coaching has not only refined my communication skills and management style, but it has also positively reshaped the entire company culture. With Yonah's guidance, I've rediscovered my passion for my career, significantly enhanced my skill set, and improved my interpersonal relationships. His influence has been a pivotal part of my success and growth at Score.

-Amy Bendahan, Senior Executive, Score Promotions



LINKS



[Building Bridges Promo](#)

[Make it a Great day Promo](#)

[Sales Pump Promo](#)

[Why Hire A Performance Coach](#)

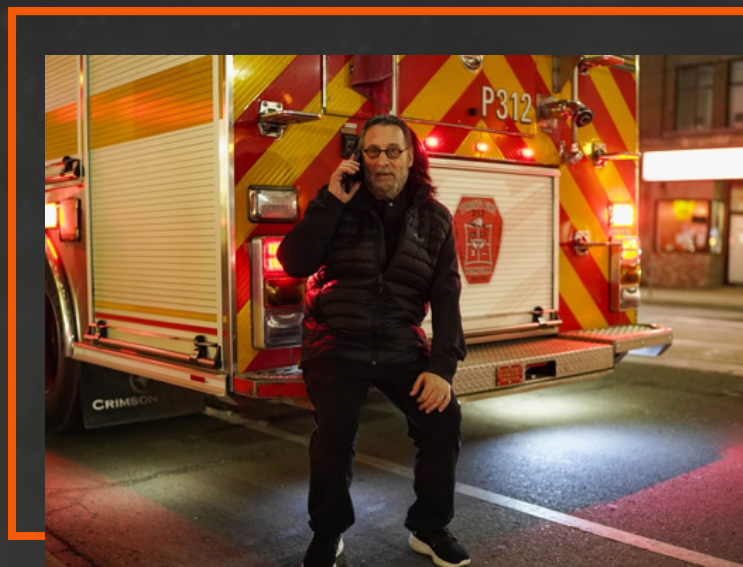


[At Your Best-Syndicated Radio Show on Corus Entertainment](#)

[The Farm](#)

[Recover In Home](#)

MEMBER OF:



FOUNDER OF:



FEATURED ON:



GET IN TOUCH

Don't miss the opportunity to book **Yonah Budd** for your next event. Reach out to us today to learn more about availability, topics and booking details.



CONTACT:

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Yonah connects with attendees on a personal level, leaving a lasting impression that extends far beyond the event itself.