



www.TallCopSaysStop.com



Kym Laube

SPEAKER & COACH

MEDIA KIT

Hi, I'm Kym!

SPEAKER & COACH

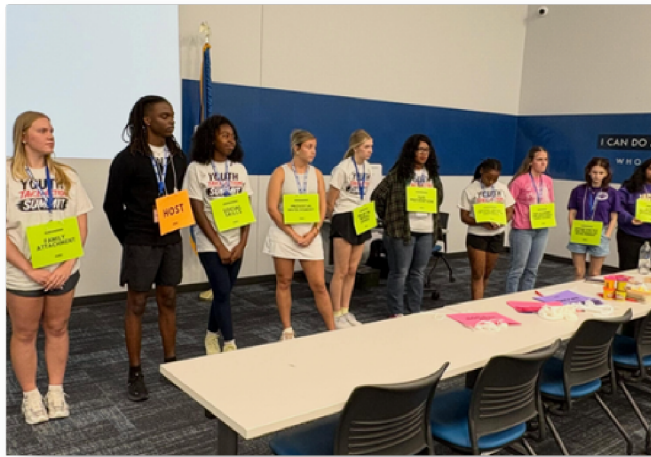
I believe every person has the potential to create positive change, and my life's work has been dedicated to helping individuals, families, schools, and communities build healthier, more resilient futures.

As the Executive Director of Human Understanding Growth Services (HUGS), Inc. in Westhampton Beach, New York, I bring more than 33 years of experience in substance use prevention, youth development, and recovery support. I lead an organization that provides comprehensive prevention services while partnering with communities to empower people of all ages to make informed, healthy choices.

My journey with HUGS began in 1986 when I participated in the Teen Institute as a high school student. That experience transformed my life and showed me the power of youth leadership, prevention, and service. From student leader to Executive Director in 2002, I have remained committed to helping others discover their strengths, reach their full potential, and become agents of change in their own communities.

As a national trainer and speaker, I deliver dynamic, interactive keynotes, workshops, and professional trainings that connect with audiences rather than simply speak to them. Each year, I have the privilege of presenting to more than 25,000 youth, educators, prevention professionals, parents, and community leaders across the country. My presentations are rooted in practical strategies, authentic connection, and the belief that lasting change begins with meaningful conversations.





SPEAKING TOPICS

- Youth Engagement
- Positive Youth Development
- Community Coalitions
- Substance Use Disorder
- Strategic Prevention Framework
- Adverse Childhood Experiences
- Personal, Professional Development and Leadership
- Resilience
- 5 Generations in the workforce



Client Testimonial

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Kym Laube is one of those rare keynote speakers who leaves audiences both inspired and empowered. Her authenticity, passion, and decades of prevention expertise create an experience that resonates long after the event ends. Kym has an incredible ability to connect with people of all ages, blending powerful personal stories with practical strategies that motivate action. Our attendees walked away feeling energized, equipped, and committed to making a difference in their communities. If you're looking for a speaker who informs, inspires, and ignites change, Kym delivers every time.

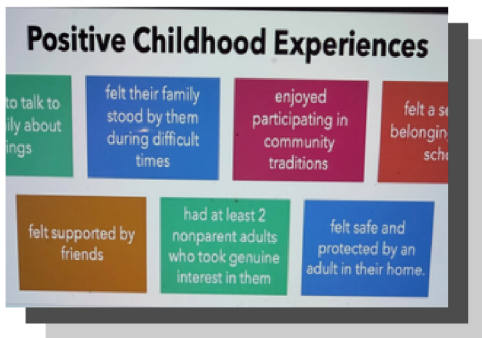
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TALL COP SPEAKERS NETWORK



My commitment to prevention extends far beyond the stage. Through my service on local, state, and national boards and task forces. I have worked to advance prevention, recovery, and public health initiatives that strengthen individuals and communities. Whether I'm speaking to educators, prevention professionals, first responders, healthcare teams, or community leaders, I deliver engaging keynotes and workshops that combine practical strategies with authentic inspiration, helping audiences reignite their purpose, prevent burnout, and create meaningful, lasting impact in the lives of those they serve.



AUDIENCE

- Youth
- Business Professionals
- Law Enforcement
- Community Organizations
- Educators

CLASSES

- Positive Youth Engagement and Development: Navigating Isolation, Fear, and Reconnection
- Unbreakable Spirit: From ACEs to the C-Suite – Cultivating Resilience, Hope, and the Warrior Heart
- How to Build and Strengthen Coalitions
- Leadership by Fire
- From Prevention to Recovery: Understanding Addiction
- From Trends to Transformation: Building Resilient Futures for Youth Mental Health and
- Substance Prevention
- Beyond Bubble Baths: Redefining Self-Care for Resilience and Growth
- Forget Stressed Out, we are Burnt Out and how the Opioid Crisis did Us In!
- If Prevention and Recovery Just Sat Down for a Cup of Coffee
- Using the Strategic Prevention Framework to Change Systems
- From Boomers to Zoomers: History Making in the Workforce



WHO I WORK WITH

I partner with schools, colleges, prevention coalitions, community organizations, healthcare professionals, law enforcement, youth-serving agencies, and government leaders to strengthen prevention efforts and build healthier communities. I also work with professionals and organizations seeking to combat burnout, reignite their passion, and reconnect with the purpose that first inspired their work.

WHAT YOU CAN EXPECT

My presentations are designed for educators, parents, students, prevention professionals, and community stakeholders who are committed to empowering young people, preventing substance use, and fostering resilience. Whether I'm delivering a keynote, facilitating professional development, or leading an interactive workshop, I equip audiences with practical strategies, renewed purpose, and the confidence to create meaningful, lasting change where they live, work, and serve.



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GET IN TOUCH

If you're looking to bring real-world insight and practical prevention education to your school assembly, professional development, or community event, reach out and book me through the Tall Cop Speakers Network. I'd love to connect and support your team.

Kym

Podcasts:

Connecting Prevention & Recovery with Kym Laube

Converstions with Kym Laube- Taking Care of Your Business

Kym Laube on Resilience, Community Parenting, and Using the Tools We Have to Create Change

Real Talk with Kym Laube: Prevention Insights for Parents, & Educators

