



Yvonne and Rich Dutra-St. John, M.A., MFT

Experts on relationship building and communication, Yvonne and Rich Dutra-St. John have worked for over 30 years to break down the walls of negativity, judgment, separation, isolation and loneliness replacing them with compassion, understanding and love.



As graduates of the California public school system, Yvonne and Rich experienced first-hand the costs and consequences of bullying and isolation in school. Committed to making things better for their own children, they founded the innovative and award-winning Challenge Day Program in 1987.

Challenge Day has directly served 1.5 million youth and adults in 2200 schools, 48 states and 10 countries around the world.

Challenge Day's programs have expanded to touch the hearts and lives of millions of youth and adults throughout the world with the gift of film. They have been interviewed on a variety of news broadcasts, and twice appeared on *The Oprah Winfrey Show*. Their life changing work has been featured in several nationally televised documentaries: The Emmy award-winning *Teen Files: Surviving High School*, MTV's *If You Really Knew Me*, Tom Brokaw's *Bridging the Divide*, and *The Bully Solution*, which won the Canadian Blue Ribbon Award for excellence in broadcasting. Internationally, Challenge Day has been the subject of Posh Production's *Over de Streep (Cross the Line)*, which aired for 5 consecutive years and has expanded into Belgium, as well as a documentary that was filmed in Uganda entitled *Boys Don't Cry*. Additionally, in 2016, Rich and Yvonne designed 8 shows for a series in The Netherlands entitled, *Als Je Me Echt Zou Kennen (If You Really Knew Me)* where they had the honor of working with diverse groups of parents, teachers, recovering addicts and courageous homeless individuals during the filming. Challenge Day was also featured in the book, *Chicken Soup for the Teenage Soul*.

Awards

- **Champions of Forgiveness** by the World Wide Forgiveness Alliance, 2005
- **People Helping People Award** from New Directions Counseling Center, 2006
- **Champions of Change** from Tom Brokaw, 2010
- **Bigger Game Player Award** from Laura Whitworth and Rick Tamlyn, 2015

Drawing on a lifetime of experience, Rich and Yvonne have developed numerous specialized programs for groups and organizations ranging from school faculties, police officers, prisons, senior citizens, faith based communities, athletic teams, businesses, nonprofits, summer camps and staff retreats. They speak on a variety of topics such as diversity education, gender training, addictions, couple's communication, parenting, team building and relationship building. Their keynote addresses and experiential activities have inspired individuals to live, work and interact as the everyday heroes they were born to be.

They have presented programs at various conferences, companies, and organizations including The Coca-Cola Company, The Million Dollar Round Table, The Kalamazoo Foundation, JFK University, The Boost and Push Conferences, Families First, The Bigger Game Expo, The Peace Alliance, Reach for the Future, TeenWork, The Whole Life Expos, The United Nations, The DARE Officers Association, The American Association of Group Psychotherapists, Transfinder Inc., California Solano County Men's Prison, the Girl Scouts of America, and many more.

Their book, *Be The Hero You've Been Waiting For* has inspired thousands and has been the subject of many classroom and family discussions. Their inspirational message of hope, compassion and service permeates everything they do. As individuals and as a couple, Rich and Yvonne are masters at demonstrating what it means to live passionate, productive and meaningful lives. They are currently working on a series of additional books designed to deepen the reach and impact of their work for years to come.

Book, *Be The Hero You've Been Waiting For*

www.bethehero.us

Challenge Day Programs

Serving schools, businesses, families, communities, individuals and many others.

www.challengeday.org