

SPEAKER | AUTHOR | LEADERSHIP TRAINER

SENSEI DAVE ARMSTRONG

RESILIENCE. LEADERSHIP.
YOUTH ENGAGEMENT.

Helping youth serving organizations understand behavior, strengthen the adults doing the work, and help young people build hope, purpose, and a future they can believe in.

CHECK AVAILABILITY



WHY SENSEI DAVE

Sensei Dave Armstrong brings the perspective of a former foster youth and juvenile detainee together with 24 years of U.S. Air Force leadership. He has served in Inspector General and NATO roles, built martial arts schools, authored two books, founded a nonprofit, and rebuilt his life after cancer. Connecting lived experience with psychology, human behavior, and brain development, he moves audiences beyond motivation toward practical insight, ownership, and purpose.

FEATURED PRESENTATIONS

1 BEFORE THE TRAJECTORY BECOMES DESTINY

A keynote for youth serving professionals on the moments, relationships, and beliefs that can redirect a young person's future.

2 REACHING THE YOUNG PERSON BEHIND THE BEHAVIOR

A practical training that explores adversity, brain development, connection, consistency, hope, and the forces that influence decision making.

3 ADVERSITY IS TRAINING

A high impact resilience and leadership keynote about ownership, discipline, purpose, and staying steady when life does not go according to plan.

4 YOUR WHY HAS TO BE BIGGER THAN YOUR WHY NOT

A purpose driven keynote about overcoming fear, excuses, and setbacks by creating a reason to move forward that is stronger than every reason to stop.

How do we change the trajectory of a child's life before the trajectory becomes destiny?

THE QUESTION AT THE CENTER OF SENSEI DAVE'S WORK

IN THE ROOM

- Understand what may be driving the behavior in front of you
- Strengthen connection without lowering accountability
- Use hope and purpose to build intrinsic motivation
- Support the adults carrying the emotional weight of the work

CREDIBILITY

- 24 years of U.S. Air Force leadership
- 2022 Toastmasters District 109 Champion
- Published author and nonprofit founder
- Lived experience in foster care and juvenile detention

"Sensei Dave saved my life. I was headed down a path that was going to lead me to prison, and now I have the discipline and willpower to do well in my life."

BRYSE TAYLOR, FORMER MENTEE

IDEAL FOR

Conferences, staff development, juvenile justice, foster care, behavioral health, schools, nonprofits, leadership retreats, and youth events

BRING SENSEI DAVE TO YOUR EVENT

Keynotes, staff development, youth leadership, and customized experiences

SENSEIDAVE.COM

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