



# BUILDING A BETTER FUTURE

In this episode of the L3 Leadership Podcast, Leon Ford shares his profound journey from the brink of death due to police brutality to becoming a symbol of forgiveness and activism.

## ABOUT LEON:

Leon Ford is a celebrated author, social entrepreneur, impact investor, international speaker, and changemaker dedicated to driving positive change in his community and beyond.

As a respected activist and mental health ambassador, Ford passionately addresses disparities by focusing on holistic wellness. His inspiring approach emphasizes the importance of resilience, transforming personal challenges into purpose, and creating a lasting societal impact.

Ford's accomplishments include executive producing the Cannes Film Festival award-winning documentary *Leon* (2019) and *Breaking Bread: A Conversation on Race in America* (2021), which won a Shorty Award. President Obama's Volunteer Service Award (2017), *The Root 100* (2018), Pittsburgh's 40 Under 40 (2019), *Forbes 30 Under 30* (2023), and National Urban League Community Service Award (2023).

## 4 KEY TAKEAWAYS:

1. Leon shares how personal growth thrives through challenging conversations and supportive mentorship.
2. Leadership emerges from therapy, community support, and embracing both love and critique.
3. The Hear Foundation is born from facing fears and fostering unexpected alliances.
4. Forgiveness is a continuous journey, leading to prevention and healing through understanding and purpose-driven action.

*"Forgiveness is a choice, but it's also not a threshold that you cross, it's not a finish line."*

