

## Contact Information

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## Notable Speaking Engagements

Administrative Professionals Conference - September 2021

Durham Central PROBUS - February 2022

Durham Family Court Clinic - March 2022

Whitby Chamber of Commerce Mental Health Luncheon - April 2022

Brain Injury Association of Peel and Halton - June 2022



## Kimberley Black: One-hour Keynote

Kimberley will share her experience of surviving a sexual assault, a life-altering beating, and an attempted murder amidst the pandemic. Reflecting on what contributed to her resilience, Kimberley will compare the things that hurt her with those that helped her. She will discuss topics such as social pain, social support, victim-blaming, self-compassion, and the value of reframing your thinking and being future-focused. She will also explore the vicarious and secondary trauma experienced by her caregivers.

## Kimberley Black & Rob Tardik: One-hour Keynote

Kimberley and partner Rob will discuss resiliency and survival through a candid discussion that examines the mental health of both survivors and their caregivers.

They will share the lessons they learned while coping with an immense, traumatic experience; and providing strategies transferable to others navigating life's challenges.

## Kimberley Black & Rob Tardik: 90-minute Musical Performance

Kimberley and her partner Rob combine music with a powerful discussion on resiliency and survival. The live theatre show is called Take Your Power Back. Along with Rob's band, they'll take the audience on a journey of resilience and hope through music, storytelling and dance.



## TESTIMONIALS

"I have to say that Kimberley has been one of the most inspiring people that I have heard."

"I couldn't get enough of her and her story... It was very inspiring."

"So powerful, had me in tears and felt pride for the courage to take back the power."

"Thank you Kimberly. Life always throws us curveballs, but your positive energy and all the love and support you have come back a million times to show you how wonderful you are. Keep doing what you are doing. You are helping so many, more than you know!"





## Kimberley Black

Kimberley Black is a public speaker and an advocate, helping others build resilience while promoting an end to gender-based violence through her #bpositive message, along with partner Rob Tardik.

She's been on the roster of a Toronto talent agency for over two decades, gaining experience with on-camera auditioning and commercial acting. This motivated her to initiate a video introduction service while serving as a social media ambassador with Durham College where she taught Psychology and Business Communications.

Kimberley completed a Master of Arts degree in Education through Ontario Tech University. Her thesis, entitled Using Asynchronous Video Interviews to Enhance Self-Awareness of Video Communication Skills in a Community College Setting, was nominated for the Outstanding Master's Thesis Award in 2021.

## Rob Tardik

Rob Tardik is a Top 10 U.S Billboard charting performing artist, music educator, artist and entrepreneur. He is also an advocate for promoting an end to gender-based violence along with his partner, Kimberley Black. The duo has integrated their advocacy with Rob's music – resulting in an uplifting audience experience.

Over the last decade, Rob has established himself as a guitarist and recording artist performing contemporary pop, Latin, jazz, world instrumental based music, and has received multiple awards both locally and south of the border. He is an active music education faculty member at several colleges in the Toronto area and a presenting artist for Godin Guitars and D'Addario Canada.

## About #bpositive

#bpositive is an advocacy campaign created by partners Kimberley Black and Rob Tardik.

What started out as the simple discovery of Kimberley's blood type during a time of trauma, #bpositive became words to live by – and the theme behind her message of resilience.

“While being positive through life's adversities is not always easy – when we have self-compassion and are future-focused and solution-oriented, we can learn to #bpositive and develop resilience to thrive.”

