the Center for Respect

P.O. Box 269
Mukwonago, WI 53149-0269

Pricing for Having Mike Domitrz (CSP, CPAE) provide training in Continental USA during 2026.

Up to 2 hours of live VIRTUAL Training provided by Mike Domitrz.	$8,995

Have author, subject matter expert with the military for the past 2 decades, Certified Speaking Professional (CSP), and **Hall of Fame Speaker (CPAE), Mike Domitrz,** provide up to 2 one-hour live virtual trainings on the same day (or 1 two-hour training).

Up to 2 hours of ONSITE Training provided by Mike Domitrz.	$9,995

Have author, subject matter expert with the military for the past 2 decades, Certified Speaking Professional (CSP), and **Hall of Fame Speaker (CPAE), Mike Domitrz,** provide up to 2 one-hour trainings (or 1 two-hour training). Mike Domitrz leads high energy, interactive sexual assault prevention training sessions for the military which provide strategies and specific how-to skills for creating a culture of respect and for reducing sexual assault.

Many installations utilize one hour for having Mike present the "Can I Kiss You?" training and one hour for Mike to present a "Mission Is Transformation" training (or the "Keys to Engagement" Training). In The Center for Respect's "Menu of Services" document, you can see the many training sessions available to choose from.

Each hour after the first two hours on the same day is $2,500.

No travel expenses within the Continental USA.

THE ULTIMATE TRAINING DAY and more . . .	15k

- **Option One:** Up to **4 Hours of Training Sessions with Mike Domitrz** (Keynotes) where every attendees gets access to download both the **"Can I Kiss You?" eBook** and the **"Voices of Courage"** ebook and audio book. You can have Mike present 2 one-hour programs, 1 two-hour program + 2 one-hour program, or however you want to utilize the 4 hours.
- **Option Two: 1 Full-Day Workshop with Mike Domitrz in place of everything above. A full-day workshop is 6 hours of instruction plus 1 hour for lunch.**

$500 SAVINGS OPPORTUNITY when Mike is already speaking nearby the day before or after.

$500 PRICE REDUCTION PER DAY when you bring Mike to speak 2 or more consecutive days.

Want to add 500 "Can I Kiss You?" Paperback Books included for $5,000? Let us know.

Mike Domitrz: Author & Subject Matter Expert

For over 20 years, educational institutions, the US Military, and the media have been turning to Mike Domitrz for having him share effective training methods for how to teach consent and for how to build a culture of respect for all people.



Mike is known for his interactive, passionate, and high energy approach to providing specific language and how-to skills for navigating essential conversations with those you lead. While he presents one of the "*cleanest*" trainings, Mike holds nothing back. When you attend a training led by Mike Domitrz, bring your questions. People from all ranks, cultures, backgrounds, and diverse populations appreciate his sincerity and honesty.

You may have seen Mike on NBC Dateline as a featured subject matter expert or being quoted in international news publications such as Forbes and The Wall Street Journal. His book "**Can I Kiss You? A Thought-provoking look at Relationships, Intimacy and Sexual Assault**" and his book "**Voices of Courage: Inspiration from Survivors of Sexual Assault**" are both frequently utilized as educational resources by SARCs and Victim Advocates.

As a critically acclaimed author and as the Founder of The Center for Respect (www.CenterForRespect.com), Mike works closely with military members and installations for producing initiatives that help transform the stereotypical repetitive approaches to consent, bystander intervention, sexual decision-making, and opening the door for survivors coming forward.

In the past 2 decades as a subject matter expert, Mike has presented hundreds of trainings throughout the US Military on installations around the world.

Create a **Culture of Respect Before** It's Too Late

Mike Domitrz works with the military to reduce sexual assault and support survivors. We shift the paradigm for your troops from a Don't Perspective to a **How To – the Respectful Way!**

"The one sexual assault briefing that RAISES THE MORALE of our active duty while giving them 'How To' skills they want to implement."

Michael P. Davis
CMSgt, USAF



From large keynotes to small group trainings.

The Can I Kiss You? training instills 3 key messages:

Asking First to ensure consent through verbal communication.

Bystander Intervention to STOP someone from taking advantage of an intoxicated person at clubs and/or parties.

Opening a Door for sexual assault survivors to come forward and be properly supported.

Watch the Powerful 5-Minute Video at www.CenterForRespect.com



Through humor and direct communication, everyone is engaged without feeling attacked in this uniquely designed program for the military.

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Author & Hall of Fame Speaker
Mike Domitrz

Single, Committed, and MARRIED Adults love **Safer Choices**

- Sexual discussions cover all levels of relationships: from hook-ups to decades-long marriages.
- From the "Back Door Bump" to "The Touch," adults of all ages gain valuable skills for building and maintaining healthy, respectful relationships, which greatly reduce the chance of sexual violence.
- After originally being mandated to attend, many active-duty voluntarily and enthusiastically bring their spouses and partners to a later session to reinforce the training while having fun as a couple.

The Mission Is **Transformation** Training for Leaders

In this briefing specific for leaders, Mike Domitrz shares skills and strategies for helping leaders transform the culture to one founded in respect - from discussing sexual violence to bystander intervention to the language military members use in every day conversation.



"I can assure you that we will share the great experience we've had here at Shaw with my fellow wing commanders. They would all benefit from the experience."

COL JIM POST, 20 FW/CC

All inclusive educational programming

Protect your entire installation! In addition to active duty personnel, empower every dependent and civilian to make safer, more helpful choices, including students going to the DoDEA schools.

School Programs (6th - 12th Grades) and Parents

DoDEA Schools are grateful every time leadership works with them to help their middle school and high school students attend Mike's *"Safer Choices"* program for making safer choices – including helping friends in danger. Parents love the customized *"Help, My Teen is Dating!"* session just for them that Mike offers.



"I walked away from your presentation feeling like a new person as I believe this will indeed improve the way I not only handle my personal relationship, but how I deal with my children regarding their safety and security."

MILITARY MEMBER FROM WIESBADEN, GERMANY

Mike Domitrz is commended by **professionals** throughout the **Military.**

What Participants Are Saying About Mike:

"Being able to interact with Marines and sailors in a way that opened up their mind to different approaches to situations often seen in society was the best aspect of the presentation."

Staff Sgt. Jared Stiles, Calibration Chief
Marine Base of Hawaii

"Very good program aimed at all age groups. Even got to my husband of thirty years. We saw it at two different presentation times. He came home and asked could he kiss me."

United States Soldier

Coming from the military, this doesn't feel at all like a generic presentation put together to check some boxes and address existing problems. It tackled consent and sexual assault on a much more thorough, complete, and personal level that I could relate too and would remember after leaving. Mike was exceptional in engaging the audience and making the topic personal, making me want to care, and showing that I do care.

Tech. Sgt. Sarah Grangroth

"Excellent! Highly recommended. Received amazing feedback from our Soldiers and the teens at our schools."

Airman 1st Class Andrea Kramer

"I now have examples of how to interact and deal with certain situations and know that it is okay to say no."

Seaman Recruit

Watch the Powerful 5-Minute Video at www.CenterForRespect.com

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Praise from Program Coordinators:

"I think his methods of engaging with (his audience) really are a skill-based kind of 'how to' in talking about how to ask for consent, how to support survivors and how to intervene in situations to prevent sexual assault,"
Pensacola News Journal

Anne Ballensinger, Pensacola NAS Fleet
and Family Support Center

"This was the best SHARP training I've had since I've been in the Army. The leadership session was great. Mike was brutally honest."

Col. Joe Hartman, Commander,
780th Ml Brigade,
780th Brigade Training Article

You are the change we need in this world, in this society, in this culture. The work you do is unparalleled, honestly."

Shannon, WI National Guard

"Right in line with the Department of Defense SAPR program goals.This program was certainly a good return on our investment. We still hear our Airmen talking about the message. I would definitely recommend this presentation to any military installation looking for a unique and entertaining way to address the issue of sexual assault."

Eric N. Single, COL, USAF,
Vice Commander, Whiteman AFB

Mike Domitrz is a true professional and expert. His unique ability to authentically connect with all audiences, on a subject that is often misunderstood, demonstrates his expertise and impact. Mike provides specific How-To skills each person at all levels of an organization - including at the highest levels of leadership – can implement immediately for building a culture of respect. His preparation and mastery of the material has earned him the credibility and trust within Special Operations across the Department of Defense.

Mike Kontio, Master Sergeant in US Army (Ret OR-8)
Former Joint Special Operations Command SAPR/SHARP Program Manager and Sexual Assault Response Coordinator (SARC)

Mike Domitrz's briefings and trainings earn consistently **positive press**

From *19th ESC*, Deagu South Korea

The key to Domitrz's training is an engaged audience. When prompted with the question of, "Why people don't ask, 'can I kiss you' first', soldiers responded with "fear of rejection, it is awkward and they have never been taught how to ask."
"You have all kinds of soldiers from all different parts of the country raised in different types of families but it all comes down to the human side of the decision making," said Lt. Col. Tony L. Dedmond Jr., 2nd Battalion, 1st Air Defense Artillery commander. "It is all about being a human being and the respect and dignity you impart to other human beings."
In order to prevent sexual assault, one must first secure permission to ensure intimacy is mutually wanted and consent is enthusiastically given. Marriage is no exception, explains Domitrz. During his training, he suggests communicating with your partner using three "toolboxes": one for intimate things that are always allowed, one for special occasions and one that is for things that are a no-go. However, the partners must never betray the system and be understanding that these boxes can change over time.
How an individual speaks out and how one views training, has an impact. 'Can I Kiss You?" provides soldiers with an identifiable training opportunity and equips them with the tools on how to engage should they be a bystander in the future.

From *Public Affairs*, Camp Lemonnier, Djibouti

Information Systems Technician 1st Class Shannan Arney agreed. "Soft language makes things more acceptable to people. I've seen this scenario happen in real life and people do tend to rationalize why they shouldn't act."
Domitrz explained that most people convince themselves not to act in these situations because of a fear of confrontation and the misguided thought that "it's not my business". He went on to invalidate that kind of thinking in a way that was easy for the service members to relate to.
"Each of you joined the military," Domitrz said, "so obviously you are willing to fight for what you believe. We have all had moments when we stood up to our friends and parents for something that we believed, so we can all overcome that fear of confrontation."
...Camp Lemonnier's sexual assault response coordinator, Temesia Andrews, put the program in context by saying, "This training is current. It helps our service members, particularly in the joint environment we have at CLDJ, understand that (sexual assault prevention and response) training is important to all the branches of the military. And it does it in a way that watching computer based training isn't able to do."

From *1st Infantry Division Post*, Ft. Riley

Mike Domitrz, founder and executive director of The Center for Respect used the "Can I Kiss You?" approach to make the training fun and interactive, according to Col. Christine Pacheco, Equal Opportunity program manager, Division Headquarters and Headquarters Battalion, 1st Infantry Division.
"The way that he actually presents is more effective and better than having a PowerPoint presentation for the fact that he has interaction with the people," Pacheco said.
Domitrz said he believes humor is essential to breaking down the barrier of assumptions.
"When our audience walks in on sexual assault or sexual harassment (training), they have a huge presumption of what I'm going to say – statistics, that kind of information, that kind of data," he said. "I don't do any of that. So by starting with humor, we get to break down those barriers, really open their minds, and then they're willing to learn and potentially change their own behaviors."

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