

TIM SAYS I CAN

Speaking & Training Programs

The “I Can” Attitude

The Feeling Habit (Communication Program)

Website: timsaysican.com | Email: tim@timsaysican.com

Meet Tim Culpepper

Tim Culpepper is a motivational speaker, communication coach, IT expert, photographer, and U.S. Navy veteran with a passion for helping people understand themselves—and each other—more clearly. His journey spans military service, law enforcement, the oilfield safety world, information technology, and over 15 years of coaching people through emotional habits and communication struggles. This unique background gives Tim a perspective few speakers can match.

His core belief is simple:

Everything you want exists on the other side of awareness.

Tim teaches audiences how habits shape their reactions, how feelings influence their tone and decisions, and how shifting awareness can radically transform communication, relationships, and personal growth.

The “I Can” Attitude

A powerful motivational experience about belief, confidence, mindset, and resilience.

Life hits everyone differently. Some rise. Some fall. Some stay stuck. What separates them isn't talent or luck. It's the inner voice that says either *“I can”* or *“I can't.”*

In this uplifting keynote, Tim helps audiences:

Break negative thinking habits
Understand the role of mindset in daily decisions
Replace self-doubt with identity-based confidence
Push through fear and learn where courage really comes from
Recognize the habits that hold them back
Create momentum toward a better life

Perfect for: Schools, corporate teams, churches, leadership events, and youth groups.

Outcome: Audience members walk away feeling energized, unstoppable, and ready to take ownership of their future.

The Feeling Habit

Most people don't have communication problems—they have **habit problems** that turn into communication problems.

In this transformative keynote or workshop, Tim reveals the hidden pattern behind every reaction:

Habits → Triggers → Feelings → Patterns → Communication

Once people understand this loop, they finally understand **themselves**—and everyone around them.

Attendees learn:

Why they react the way they do
How emotional triggers shape tone, behavior, and word choice
The “feeling habits” that appear in every relationship
How to shift from reacting to responding
How to break harmful communication loops
How to speak with clarity, calm, and emotional control

Ideal for: Schools, corporations, public service, leadership teams, families, conflict-heavy environments, and anyone who wants better conversations.

Outcome: Attendees become more aware, more intentional, and more effective in the way they speak and listen.

Program Formats

Your message can be delivered in a variety of ways:

Keynote Presentation (30–60 minutes)

High energy. High impact. Story-driven. Perfect for large groups.

Breakout Session (45–90 minutes)

More interactive with practical examples and discussion.

Half-Day Training (2–4 hours)

A deeper dive into habits, triggers, feelings, tone, reactions, and communication patterns.

Full-Day Training (5–7 hours)

Ideal for leadership teams, educators, or corporate communication development.

School Programs

Tailored versions for students, teachers, and staff.

Faith-Based Sessions

Encouraging, uplifting messages based on personal development and resilience.

Who Tim Speaks To & What They Gain

Who Tim Serves:

Corporate teams, Schools (students, teachers, staff), Churches, Law enforcement & first responders, Leadership organizations, Personal development audiences.

What Audiences Will Learn:

- How habits and emotional triggers influence communication
- How to recognize the moment a reaction begins
- How to break negative communication loops
- How to build confidence and resilience
- How to approach conversations with clarity
- How to shift tone and inflection to change outcomes
- How to create healthier relationships at work and home

The Guarantee:

Tim's programs will leave your audience feeling seen, understood, encouraged, and equipped with tools they can use immediately.

Testimonials

"Tim connected with our students in a way I've never seen before. His message was powerful and unforgettable."

— School Administrator

"Our staff still talks about his training. It completely changed the way we communicate."

— Corporate HR Director

"Tim brings a rare combination of wisdom, humor, and relatability. He had our entire group engaged from start to finish."

— Leadership Coach

"This wasn't a lecture. It was an experience that opened our eyes."

— Teacher

Booking Information

Booking Tim Culpepper for Your Event:

Whether you're planning a school assembly, corporate workshop, leadership retreat, church event, or community program, Tim delivers powerful, memorable sessions that create real change.

Contact:

Email: tim@timsaysican.com

Website: timsaysican.com

Location: Central Mississippi

Travel: Available nationwide

Social: [@timsaysican](https://www.instagram.com/timsaysican)

Rates:

Contact for speaking fees and availability.

"The truth is... you can change your habits, your communication, and your life. And the best part? You can start today." — Tim Culpepper