

# CAHEC PARTNERS CONFERENCE

JUNE 4-5, 2024

RALEIGH, NC



CAHEC

Strengthening Communities



# MEET THE SPEAKER

Closing Ceremony:  
Winning the GOLD  
and Championing  
Mental Health



Kevin Snyder



*Don't Stop*

**BELIEVIN'**



JOURNEY





A promotional image for the TV show Ted Lasso. It features actor Jason Sudeikis as Ted Lasso, a man with a mustache, wearing a blue V-neck sweater over a white collared shirt. He is looking upwards and to the right with a slight smile. The background is a soccer stadium with blue seats and a green field. The word "BELIEVE" is written in large red letters across the top of the stadium seating.

BELIEVE

JASON SUDEIKIS

**TED LASSO**







***"Our beliefs are  
internal  
representations  
that will govern  
our behavior."***

**Dr.KEVIN<sup>c</sup>Snyder**



**WWW.KEVINCSNYDER.COM**







*Don't Stop*

**BELIEVIN'**



JOURNEY

















*Don't Stop*

**BELIEVIN'**

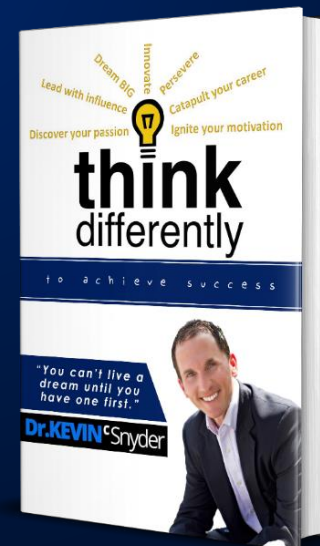


JOURNEY





*“Often, it’s our thinking that’s the problem until we discover how to make it the solution.”*



**#CAHEC**  
**@KevinCSnyder**  
**KevinCSnyder.com**

**Dr.KEVIN<sup>c</sup>Snyder**









HIGH POINT  
UNIVERSITY



**EMBRY-RIDDLE**  
Aeronautical University



UNIVERSITY OF  
SOUTH CAROLINA



University of  
**Central  
Florida**



[WWW.KEVINCSNYDER.COM](http://WWW.KEVINCSNYDER.COM)



# Self-Efficacy







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# Championing Mental Health







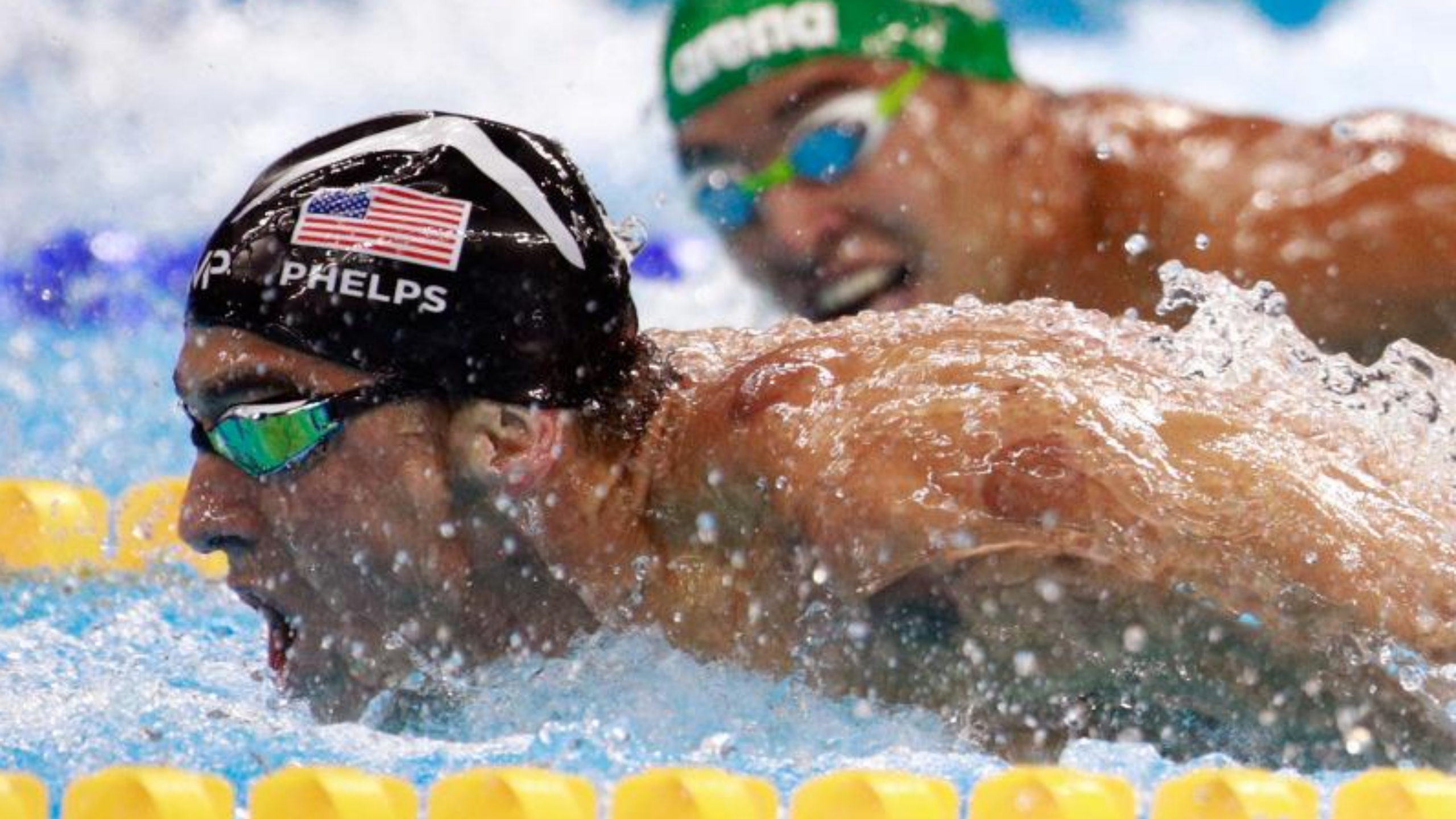


# TIME MACHINE

CHAD LE CLOS BEATS  
MICHAEL PHELPS TO  
WIN GOLD AT  
LONDON 2012















**Don't compare. Focus on being YOUR best.  
You can control two things: (1) attitude and (2) effort.  
Don't allow your #1 competitor to be yourself.**



# Championing Mental Health





# Championing Mental Health

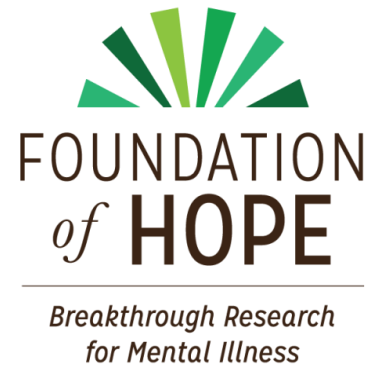


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# Championing Mental Health



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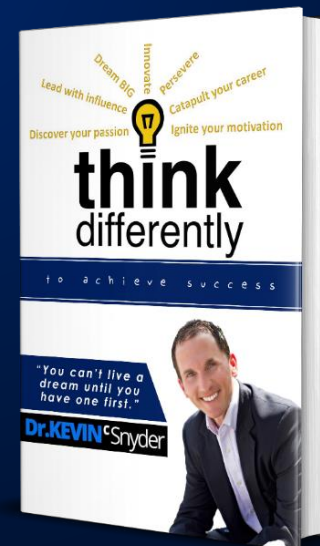
**LIFE BEGINS AT  
THE END  
OF YOUR  
COMFORT ZONE**

**– NEALE DONALD WALSCH**

BLOG.ZERO.DERN.COM



*“We must think differently about vulnerability. It’s our new credibility.”*



**#CAHEC**  
**@KevinCSnyder**  
**KevinCSnyder.com**

**Dr.KEVIN<sup>c</sup>Snyder**

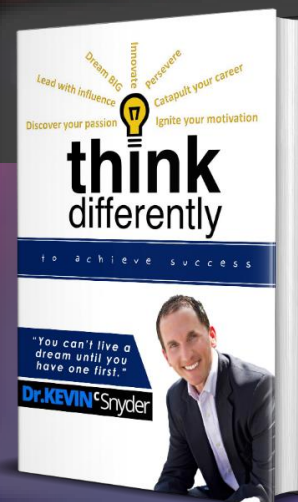
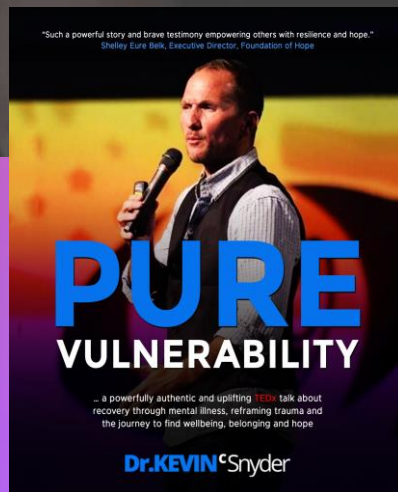






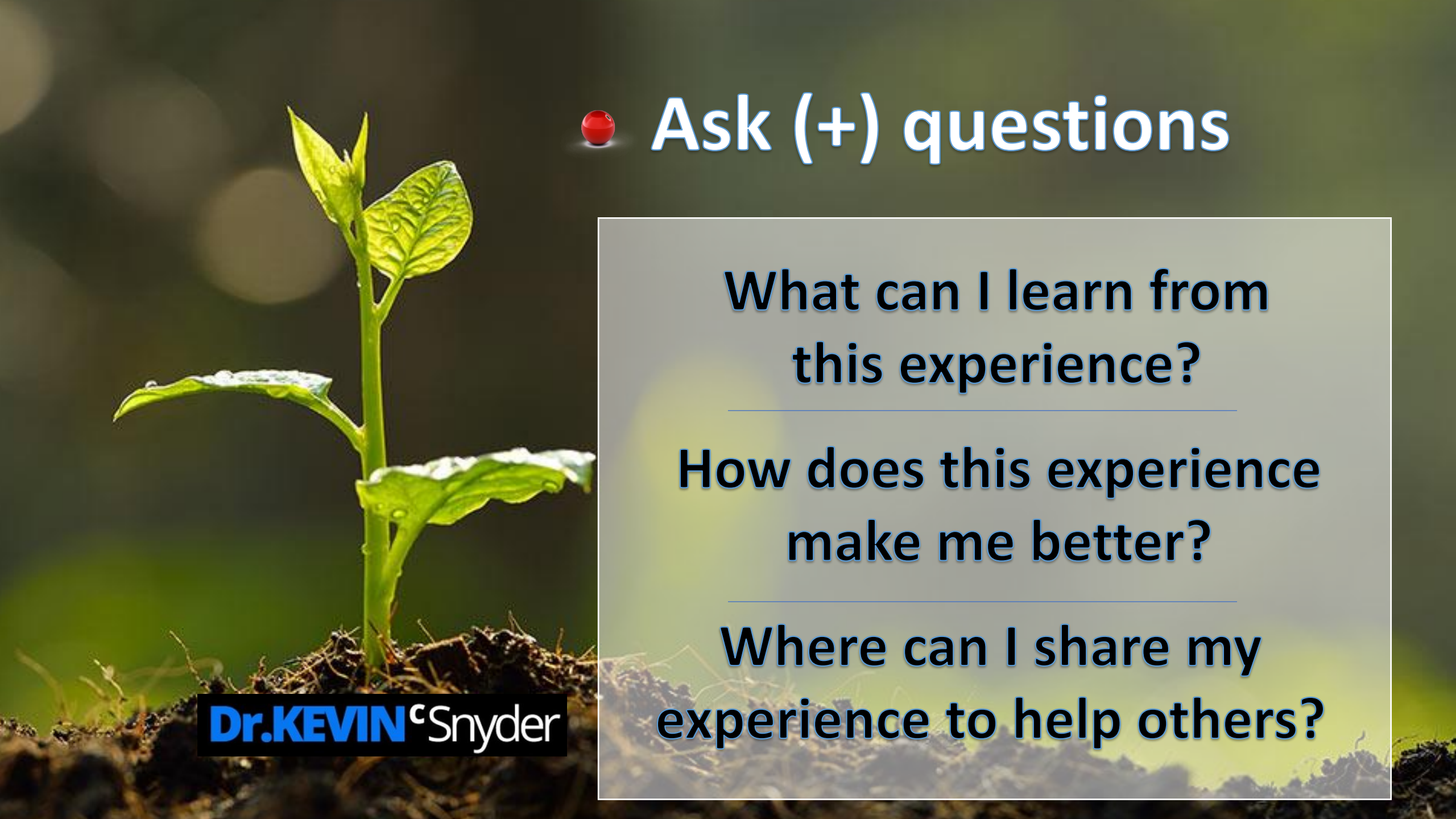
My thinking can never be changed  
so stop trying to tell me that  
things can be different and hope always prevails  
because at the end of the day  
it's too much of a negative and divisive world  
so I'm not going to lie to you or myself by saying  
there is hope for a better future,  
I believe  
that I am incapable of making a real difference  
and nothing you say will persuade me  
I have made too many mistakes in the past  
I just don't believe the nonsense that  
my past struggles have developed strength  
because when I look in the mirror,  
Can my thinking really be any different?





[PureVulnerability.com](http://PureVulnerability.com)





# ● Ask (+) questions

What can I learn from  
this experience?


---

How does this experience  
make me better?

---

Where can I share my  
experience to help others?



- 
- Ask (+) questions
  - Surround yourself with (+) people
  - Change the station
  - Do what you enjoy

























**The Price is Always Right!**

**Dr.KEVIN<sup>c</sup>**Snyder



# Snyder lives his dream on 'Price is Right'

By RON LANDFRIED  
*The Herald-Sun*

Since he was a youngster, Kevin Snyder has yearned to hear his name called, followed by these words, intoned in a booming voice brimming with enthusiasm: "COME ON DOWN!"

The 1994 Northern High School graduate knows his fascination with the daytime game show "The Price is Right" is a little odd, but he's unapologetic. He has written a paper on the psychology of the show and even skipped his college graduation to take a shot at an appearance. Alas, host Bob Barker was sick that day.

But Snyder, now 23, was not to be denied. Last month he heard the words, shared the stage with the white-haired, perpetually tanned host and did pretty well. At 11 a.m. Wednesday on CBS, viewers can watch Snyder's dream come true.

"I know it's crazy," he said. "People made fun of me. ... I told them, you just wait."

He owes some of his success to his fraternity brothers at Delta Tau Delta. Snyder is a true-blue Delt. Even now, post-graduation, he works for the fraternity as a consultant. Ten fellow Deltas, either sharing his obsession or just along for the fun, joined him at the California studio where, wearing T-shirts that



Kevin Snyder's fraternity brothers from Delta Tau Delta joined him in California for his appearance on "The Price is Right."

said "The Price is Right." They waited in line all day.

"They put you through a screening process," Snyder said. "The group I was with was committed to plugging me. I said I missed my college graduation and drove 6,000 miles just for the chance to be on the show."

"I never had a college class at 11 a.m. I wrote a paper on the show when I was a freshman. What I realized is that it is one of the most popular game shows because you can live through the contestants. A teacher praised the paper. She said, 'You're weird, come and see me.'"

The magnitude of his desire to be

on the show must have been apparent. Soon, Snyder was on stage with Barker.

"Bob is old and fragile, but he's still the man," Snyder said of the 75-year-old host. "The show's been going on for 29 years strong."

"There is actually a strategy to the game," Snyder said. "The prices there are so expensive. You have to know that. ... Spending time in a grocery store isn't going to help you."

So Snyder won some preliminary prizes and then used his strategy when asked to guess the price of a diamond bracelet.

Sensing that everyone else had underbid, he guessed \$1,550. The actual price was \$1,625. Then he spun the big wheel and racked up another prize — \$1.

His wild 20 minutes of fame were over.

"He always liked 'The Price is Right,'" his mother, Barbara Snyder, recalled. "I never watched a show with him where he didn't win every game. There's something wrong when a 21-year-old knows the price of Preparation H and Dentu Creme."

"I lived my dream," Snyder said. "It's cool to be able to say that — even though it's weird."

Will his life be all downhill now that his dream has come true? Yes, in a way, Snyder says his new pursuit will be skydiving.



A circular frame containing a photograph of two men in a room. The man on the left is wearing a grey shirt and light-colored pants, and the man on the right is wearing a dark suit. They are standing in front of a wall with a large yellow rope knot. The text "WHAT'S YOUR PRICE IS RIGHT?" is overlaid in white.

**WHAT'S  
YOUR  
PRICE IS  
RIGHT?**



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Kevin Snyder





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