

# Cory George-Davis, MS

Resilient, innovative, progressive, empowering, and creative are a few of words that in part define the multifaceted creative and empowering spirit that is Cory George. An inspirational author, talk show host, anger management expert, life coach, and impassioned speaker, George made the absolute decision to create teachable harnesses from his troublesome childhood experiences in hopes of inspiring others to find the will not only to survive but to also thrive. Overcoming childhood sexual assault from multiple family members, parental neglect, bullying, and a nearly-debilitating speech impediment made way for the discovery of his life purpose; transforming his triumphs into tools for personal success as he motivates others to LIVE ABOVE negative circumstances.



Appearances on media outlets such as **Huffington Post Live**, Season 7 of OWN Network's **Iyanla, Fix My Life** and local radio & television outlets affords George the platform to inspire conversation on topics that he feels deserves more attention. All of George's work can be traced back to at least one of his areas of personal advocacies: mental health and mental illness in the black community and childhood victims of sexual assault.

Many have described his coaching style as transformative, direct, honest, and that he is willing to sit in the trenches with you until you are able to dig yourself out. In 2014, George created, hosted, and executive-produced **Whispers in the Night**, an acclaimed documentary that documents the full life-cycle of childhood sexual assault as experienced by three African-American adult male survivors. Cory moderates a timely and painfully detailed conversation that speaks at the heart of men who still suffer the resounding effects of sexual assault and offers victims a portrayal of what victory and healing can look like for them. The documentary has amassed over 10,000 views online.

In 2019 Cory George created and is the host and executive producer of **1 on 1 with Cory George**, a talk show that focuses on the tough conversations that he hopes will benefit families and communities within the African-American population. The show currently airs on DCTV.

George's manual for perseverance, strength, forgiveness, and self-love can be found in his 2015 release: **SIT or STAND 2.0: Living Successfully Beyond Your Shadows**. **SIT or STAND** has been described as an insightful and thought-provoking literary contribution inspired by the trials and triumphs of George. The book is positioned to allow readers to get reacquainted with themselves and discover the true meaning of their life events in the same manner that has made George climb from victim to victor.

A native of Houston, Texas and Ville Platte, Louisiana, he and his family has resided in the metro Washington, D.C. for some time.

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