



## Anthony (Ant) Toombs, Sr.

**Anthony (Ant) Toombs, Sr.** is a trauma counselor and Founding Member and Growth and Expansion Strategist with the Life is Good Playmaker Project, a 501(c)(3) nonprofit organization with a mission to spread the power of optimism to help kids heal.

Throughout his 16+ years with Life is Good Playmaker Project (LiGPP) Ant has partnered with thousands of early childhood professionals across the United States and Haiti to help create more safe, loving and joyful environments for kids to engage, connect, and explore. Ant (along with the entire LiGPP team) believes that when children grow to see the good in themselves, the good in others and the good in their world - their social, emotional, and cognitive superpowers emerge. However, for the seeds of optimism to take root, they must be nurtured. Sadly, in toxically stressful environments that can result from poverty, violence and illness, the seeds of optimism often die. Ant has committed his career to growing the good and supporting the childcare professionals, that The LiGPP call Playmakers – those men and women who dedicate their lives to helping kids heal.

Today, Ant inspires audiences with true stories of how optimism can be harnessed to overcome adversity, and how ANYONE can cultivate a more optimistic disposition to insulate against toxic stress, connect more easily, and experience more joy.



### Conference Keynote

Saturday, April 26  
KEYNOTE

10:45 AM - 11:45 AM  
The Healing Power of Play and Optimism