

Cynthia Changyit Levin

cared deeply about global poverty and hunger even before becoming a parent. But mothering her own children toughened her resolve to stand up for her values and work to create a better world for all kids. In talks based upon her book “From Changing Diapers to Changing the World: Why Moms Make Great Advocates and How to Get Started,” she shares how mothers and others can use their talents, persistence, and passions to solve community and global problems. With warmth and humor, she connects with audiences to propel them into action.

In workshops, Levin demystifies the process of connecting with government officials and offers step-by-step instructions on how to be an effective advocate. She shows how advocacy can take many forms, from phone calls and letters to fundraising and speaking in the halls of Congress.



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SPEAKING TOPICS

1. “From Changing Diapers to Changing the World”

Mothers can be excellent advocates to promote policies that will make the world a better place for our families. Levin’s goal is to empower moms to move from thinking, “I can’t change the world. I’m just a mom.” to “I can change the world because I’m a mom!” With motherhood as her motivation, Levin has coached advocates nationwide for over fifteen years on several issues, including nutrition, health, and education. Participants will learn:

- ◆ Five reasons moms are ideal advocates
- ◆ Ways advocacy can benefit us and our families
- ◆ Types of powerful advocacy actions moms can take to reach out to elected officials

2. “I Voted...So Now What?”

Non-partisan, relational advocacy beyond Election Day can empower us to feel less helpless about big problems in our communities and around the world. As a volunteer advocate, Levin has built relationships with members of Congress and their staffs on multiple issues in both “red” and “blue” states. Participants will learn:

- ◆ How to take the most effective advocacy actions
- ◆ An easy method to help write letters to Congress & letters to the editor

3. Workshop: “OMG! How Do I Reach my MOC (Member of Congress)?”

Parents, grandparents, educators, and all kinds of caregivers can be excellent advocates to promote the health and well-being of all children. Non-partisan, relational advocacy empowers us to feel less helpless about big problems in our communities and our country. For over fifteen years, Levin has coached advocates of all ages nationwide on several issues, including nutrition, health, and education. Through interactive activities, attendees will learn:

- ◆ Why caring for children creates ideal advocates
- ◆ Types of powerful advocacy actions, including: making phone calls to Congress, writing letters to Congress, publishing letters to the editor, and holding congressional meetings
- ◆ How to engage your community in advocacy while remaining non-partisan

Attendees will walk away with concrete tools to help them communicate powerfully with elected officials.



“ Cynthia is a dedicated and fierce leader! I’ve seen her rally groups lobbying at conferences, expertly navigate virtual lobby days, and be an all out rockstar. One of my favorite moments with Cynthia was when she spoke at a CARE event with her daughter. Her seeds planted in the next generation of fearless leaders was an inspiration and incredible asset to cultivating leaders and agents for change.”

—Jasmine Payne, Congressman John R. Lewis Social Justice Fellow at U.S. House of Representatives

“ Cynthia uses her personal story and her journey as a mom and advocate to illustrate how one individual can make a real difference in the lives of people around the world, how one mom can affect the lives of millions of moms through perseverance and advocacy.”

—Martha Rebour, Executive Director, UN Foundation’s Shot@Life Campaign

“ Cynthia has channeled her passion for children, moms, and families into her advocacy and has become a leader and inspiration. She has a human approach to everything she does—she demonstrates that creating change starts with creating relationships, whether that be with one’s family, community, or members of Congress.”

—Ken Patterson, Director of Global Grassroots Advocacy at RESULTS

“ Cindy is a powerful advocate, inspiring speaker, and motivating writer. I’ve always admired how she forms common ground with people, her deep empathy and compassion, and her powerful advocacy skills. She would be a fantastic speaker for any group who cares about learning how to create change.”

—Jennifer Paprotna, New York State Director of Philanthropy at The Trust for Public Land



Levin is the author of “From Changing Diapers to Changing the World: Why Moms Make Great Advocates and How to Get Started.” A non-partisan activist who works across a variety of issues, Levin coaches volunteers of all ages to build productive relationships with members of Congress. She advocated side-by-side with her two children from their toddler to teen years and crafted a new approach to advocacy based upon her strengths as a mother.

Levin served as a board member of RESULTS/RESULTS Educational Fund for four years and led volunteer advocates in Chicago and St. Louis for more than ten years. She is currently a volunteer with [RESULTS](#), the [ONE campaign](#), [Bread for the World](#), [CARE](#), [Moms Demand Action for Gun Sense in America](#), [MomsRising](#), and the UN Foundation’s [Shot@Life Campaign](#). She received the 2021 Cameron Duncan Media Award from RESULTS Educational Fund for her citizen journalism on poverty issues.

As seen in: Cynthia has delivered presentations and workshops for many organizations including PTA, the World Bank, the UN Foundation’s Shot@Life Campaign, Moms Demand Action, and RESULTS. She also appears on podcasts and webinars speaking about advocacy and motherhood, discussing global poverty issues, and training advocacy volunteers. Her published opinion pieces have appeared in The New York Times, The Financial Times, the Washington Post, and many other national and regional publications.

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