

Omékongo | Dibinga

The UPstander Expert

“Think before you speak. Write before you fight.”

Omékongo Dibinga is the UPstander. His life’s mission is to inspire all across the globe to take a stand when they witness an injustice, no matter how small or large. Omékongo is a motivational speaker, trilingual poet, CNN contributor, TV talk show host, and rapper. His Urban Music Award winning work has best been described by Nikki Giovanni as “outstanding, exciting, and new while being very old.” His book, *From the Limbs of My Poetree* was described by Essence Magazine as “a remarkable and insightful collection of exquisite poetry that touches sacred places within your spirit.” He was one of 5 international recipients out of 750,000 to win the first ever “CNN iReport Spirit Award.”

Omékongo’s music and writings have appeared alongside artists such as Sheryl Crow, Angelina Jolie, Norah Jones, Damien Rice, Angélique Kidjo, Don Cheadle, and Mos Def. He has shared the stage with Wyclef Jean, OutKast, Sonia Sanchez, Dennis Brutus, and The Last Poets. Internationally, he has shared his work in 19 countries on 3 continents. He is the host of the talk show “Real Talk”, which deals with issues facing our youth today. His work has been featured on Oprah’s Angel Network as well as on TV and radio from CNN, BET, and the BBC to NPR, Music Choice, and Voice of America in millions of homes in over 150 countries.

Omékongo has studied at Harvard, MIT, Princeton, Georgetown, Morehouse, and The Fletcher School, where he received his M.A. in Law & Diplomacy. He is currently a Ph.D. candidate in International Education Policy at The University of Maryland, where he worked with the Southern Poverty Law Center’s “Teaching Diverse Students Initiative,” as well as a Teaching Assistant to Dr. Michael Eric Dyson at Georgetown. He provides educational and diversity empowerment as a consultant and motivational speaker for organizations, associations and institutions. He has featured/lectured nationwide in venues from TEDx and Harvard to Russell Simmons’ Hip-Hop Summit and the Nuyorican Poets Café. His rap mixtape series “Bootleg” promotes positive hip-hop with remixes of songs by Tupac, Notorious BIG, Jay-Z, Nas, 50 Cent, and others.

Omékongo’s publishing company, Free Your Mind Publishing, a subdivision of his organization, UPstander International, has produced 7-fusion music and motivational CDs, 6 books, and one independent DVD. His motivational book “G.R.O.W. Towards Your Greatness! 10 Steps to Living Your Best Life” has received praise from great motivational speakers such as Willie Jolley. His most recent book “*The UPstander’s Guide to an Outstanding Life*” is a college-life balance for student activists. For more information, please visit www.upstanderinternational.com.