



KAREEM ROGERS

The Fit Recruiter™
Award-Winning Speaker

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LIKE A PERSONAL TRAINER FOR YOUR CAREER

Known as The Fit Recruiter™, Kareem blends career strategy with fitness principles, inspiring his audience to build the “muscle” they need to stand out, speak up, and secure high-paying roles that align with their strengths.

After navigating job rejection, uncertainty, and self-doubt early in his own career, he discovered the power of confidence, clarity, and consistent action. Now he helps others do the same. As a 4X certified career coach, SHRM-CP certified HR professional, martial arts enthusiast, and public speaking champion, Kareem is on a mission to empower ambitious professionals to stand in their power and secure big-money opportunities; putting them in the ultimate position of strength.

Blending his background in recruiting, his passion for fitness, and his gift for moving a room, Kareem teaches his audiences to understand their true value, land roles that offer them the flexibility they desire, and ultimately maximize their earning potential.

“His delivery was nothing short of electrifying! Kareem masterfully wove his career expertise and life lessons into a message that hit home with our students. What stood out was his deliberate, relatable approach, making complex ideas crystal clear while navigating today’s charged political climate with grace. The students were captivated, hanging onto his every word, and their eagerness to connect with him afterward proved his profound impact.”

Book him, and watch him transform your students’ perspectives!” - Cory Cain



BEST FIT AUDIENCES

- Career services centers
- Workforce readiness programs
- Youth employment organizations
- Early-career talent development
- DEI initiatives & Employee Resource Groups (ERGs)
- Internship & apprenticeship cohorts
- Leadership development workshops
- Layoff support & outplacement services
- Tech and career bootcamps
- Certificate training programs
- Trade schools & adult education programs
- Professional association events
- Young professional or emerging leader conferences

When life benched him, Kareem built the strength to **get back in the game**.

Now he's teaching others how to develop the mindset, presence, and grit to **thrive in today's volatile job market**.



SPEAKING TOPICS

Train for the Career You Want: Building Strength Before Opportunity Knocks

The secret to landing big opportunities isn't luck. This high-energy session resonates with entry-level talent looking to build long-term career strength through preparation, strategy, and endurance.

Interview Like an Athlete: Preparation, Presence, Performance

Perfect for students and new grads, this session reveals why interviews aren't based on luck, but high-performance that requires training with mental reps and a game-day mindset.

Strength in Transition: How to Pivot Your Career with Confidence

Mid-career pros in transition find immense value in this session as it unpacks how to pivot without starting over and reposition what they've already built to open the next door.

From Rejection to Resilience: Bouncing Back in a Tough Job Market

Rejection is part of growth if you respond with strategy (not shame). Designed for jobseekers at any level, this session dives deep into how to turn a tough job market into your training ground.

Networking Like a StrengthSeeker: Connection is a Career Muscle

Well suited for students and underrepresented groups, this session reframes networking as a career muscle, helping you grow your circle with intention, not awkward small talk.

Built for More: Career Development for First-Gens and Underdogs

Tailored to ambitious underdogs, this session helps participants turn stories of adversity into superpowers and build career paths as original as they are.



KAREEM HAS EMPOWERED AUDIENCES AT:

