

LAVAR D. CARMON

Leadership Mentor | Community Advocate | Cybersecurity Professional



BIOGRAPHY

Mr. Lavar D. Carmon is a dedicated leader, mentor, and community advocate with 26 years of service in the United States Army. A native of Kinston, North Carolina, Lavar began his military career immediately after high school, driven by a desire to grow as a leader and pursue global opportunities. His journey has equipped him with strategic knowledge, resilience, and a deep commitment to service.

Lavar has spent a combined nine years living and working in the Central Savannah River Area, where he remains committed to strengthening the community. He holds a Master's Degree in Cybersecurity and strongly believes that education is one of the most powerful tools for personal and professional growth.

As a supporter of the Manhood & Womanhood Tour's mission, Lavar believes meaningful community transformation begins with investing in youth. Guided by the principle of "reach one, teach one," he is passionate about mentorship, leadership development, financial literacy, emotional intelligence, and conflict resolution.

Beyond his military and professional accomplishments, Lavar is a devoted father of two sons and an avid sports enthusiast. His greatest passion is basketball, which he views as a classroom for teaching teamwork, discipline, emotional intelligence, and personal responsibility.

Through mentorship and community involvement, Lavar continues to build a legacy rooted in leadership, education, and lasting impact.