

Al Lee

Keynotes ♦ Presentations ♦ Seminars

Student Success Skills Training

Overview

This program is designed to teach students essential life skills that will enable them to take more control over their health, their athletic and academic performance, as well as their emotions, resulting in a greater degree of success with every challenge they face - now and in the decades ahead.

Cutting-edge science and medical research have shown that there is a strong tie between stress management and health that can have life-long implications, and that emotional intelligence (EQ) may be a better indicator for future success than IQ. Additionally, performance improvement techniques used by competitive athletes, performing artists, fighter pilots and Navy divers can give students both an athletic and academic edge that can make all the difference.

These essential life skills have one thing in common: they are fundamentally based in conscious breathing techniques that students can easily learn – techniques which will provide them with more control over their mind, body, and emotions.

Benefits

Students in this unique program will leave with effective new tools allowing them to function at a higher level by:

- Integrating powerful stress management techniques into their personal and academic lives.
- Improving testing skills by dealing effectively with anxiety while increasing creativity and recall.
- Elevating athletic and personal performance through increased efficiency, stamina, and focus.
- Taking more control over their health and ability to heal by boosting their immune system, lowering blood pressure, and improving circulation and heart health.
- Managing difficult emotions such as fear, anger, and frustration by employing proven techniques used in anger, pain, grief, and depression management.

Program

Variable length programs –from one hour to multi-session seminars – can be customized to emphasize health, physical and mental performance, or emotional wellbeing, and can include movement-based exercises if desired. The program is appropriate for both staff and students and is a very effective “in classroom” tool. These interactive and content rich programs are entertaining, engaging, powerful, and practical, and allow plenty of time to understand, learn, and practice.

Qualifications

Al Lee delivers seminars nationally and internationally and has personally put these techniques to the test as a Karate instructor of more than 24 years for students of all ages, and as a seasoned executive and leader in the high tech industry. He is the co-author of the book *Perfect Breathing* (Sterling 2008) and is the incoming president of the National Speakers Association (Oregon Chapter).

His fun, inspirational, and transforming presentations bring together contemporary scientific information as well as time-tested techniques.