

Walter H. Jackson, Msc.D. Janet Alston Jackson

Professional Keynote Speakers & Award-Winning Authors



Motivated and Mindful in College

It's important students are motivated and resilient to academic pressures. Walter's powerful motivational college message shares how he overcame a horrific car accident that took away his sports college scholarships; and his depression in college over his father's murder. Students will be inspired to overcome their setbacks too. Janet shares easy Mindfulness techniques students can use immediately for release stress to help overcome fears and worries. Scientific studies show Mindfulness helps students improve academics with long-term success.



The Jackson's presentations will show you how to:

- ◆ Use three sports principles to improve your attitude for success in college and beyond
- ◆ Identify and release self-defeating thoughts
- ◆ Use simple Mindfulness techniques to:
 - * release stress and worry
 - * improve relationships
 - * focus and concentrate
 - * sleep better



VIDEOS:

<https://www.sportingtherightattitude.com/video-reel>

Book the Jacksons individually or together for your next speaking event

Contact info:

info@SportingtheRightAttitude.com | 404-850-4280

SportingtheRightAttitude.com * JanetAJackson.com * SportingtheRightAttitude.Net

Testimonials

"Your presentation was everything I expected and more. It was professional and informative, engaging – and fun. It is not always easy to keep a group of almost 350 students engaged, but you owned that classroom. All the students were so engaged, and I rarely see so many students come up front after class to talk to and thank speakers individually. Also, I wanted to let you know that many students have come to me since and told me about how they enjoyed class and how they found you and your presentation inspiring."

~Ilona S. Yim, Ph.D. Associate Professor, University of California, Irvine

"The Jackson's presentation was electrifying!" ~Earl Kim, student, Calif State U, Long Beach

"Listening to the speech makes me want to be a better person."

Jeff Lyons, student- USC (University of Southern California)

"Walter's speech was really moving. I related to what he said, and it touched me. I'm so grateful that he came today." ~Maggie Walsh, UCLA (University of California, Los Angeles)
Organizer for the college's first "Positivity Conference"

"Janet Thank you for making our women's conference a huge success! Our attendees expressed that they tremendously benefited from your presentation."

~Kari Soffa, Women's Conference Co-Chair, College of the Canyons (Los Angeles county)

WALTER H. JACKSON, Msc.D. grew up in a low-income family where he witnessed domestic violence, but in spite of that challenge, he attracted media attention as a rare Four-Sport athlete in football, basketball, baseball, and track and field. But a fateful car accident stole his promising athletic career, taking away scholarship offers from top colleges around the country. Even worse, doctors predicted he wouldn't survive his coma and multiple internal injuries. However, Walter proved them all wrong! He learned to walk again, and set his mind back on college athletics. Just as he was making a full physical recovery, Walter's world was shattered again when his father was murdered by a stranger. These incidents left Walter living an angry depressed life, which he thought of ending. Instead he began to see from sports training that his attitude was holding him back, so he started applying what he'd learned on the field in his personal life. "When you get knocked down in life," says Walter, "Pick yourself up, get back into the game, and sport the right attitude!" Walter is the author of "Sporting the Right Attitude: Lessons Learned in a Troubled Family."

JANET ALSTON JACKSON, Award-winning author, and Mindfulness teacher received the USA Book News Award for her memoir, "A Cry for Light: A Journey into Love." Janet shares in her presentations, how she desperately needed stress relief promoting celebrities for ABC and CBS Television Networks while trying to balance raising three children, one adopted with special-needs. His emotional problem was tearing her family apart, and she developed serious stress-related illnesses. This prompted her on a long journey to find her son help and herself inner peace. She found and studied under several Mindfulness teachers, including world-renowned Mindfulness master teacher and peace activist Thich Nhat Hanh who was nominated for the Nobel Peace Prize by Dr. Martin Luther King. From him, she received the Three Jewels and Five Mindfulness Trainings Certification. Mr. Nhat Hanh wrote the foreword to "A Cry for Light." Janet's training also includes Foundations of Unified Mindfulness for Teachers. Today she teaches corporate employees Mindfulness in their companies and Online for Emindful.com.

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