

Who else needs an exciting and engaging speaker for their next event?

Prepare for...

High Energy! High Content! High Impact!

"...I couldn't believe that nobody fell asleep. **You made it fun, you made us laugh**, and I hope more of my friends realize what can happen when they make the wrong choices. I was wondering why they called you "the inspiration". Now I know. **I've never heard a speaker like you before, and I probably never will again.** Thanks and I hope you come back again. "

Marcus
Student
Central High School



Most requested Youth Topics

It's ALL Mental!™:
Winning at the Game of Life

~
Trendsetters and Goal-Getters™:
Secrets of Great Leaders and Entrepreneurs

~
Relief!
Dealing with Pressure and Stress

~
The Magic of Exceptional Communication™:
Dressing for Success, Speaking for Success

~
The Total Package
Putting Yourself in High Demand

*Programs available as keynotes, seminars or workshops. Custom programs and special programs for at-risk youth are also available.

We had Al Duncan come out yesterday. He was PHENOMENAL!

Miranda Combs
Graduation Coach and
Ninth Grade Academy Coordinator
Lithia Springs High School

Who is this guy?

Al **"The Inspiration"** Duncan is like a breath of fresh air—stimulating!

Growing up in a dangerous, poverty stricken neighborhood, by today's standards, Al would have been labeled an at-risk student. Being molested as a child and drug abuse in his family left Al devastated, but not defeated. He refused to allow his personal problems to stop him.

Today, as a thought leader in the field of self-development, **Al is a columnist and blogger for The Black Collegian Magazine.** His column, **Elevate U™**, is read weekly by thousands across the globe. He is the former executive producer and host of his own television show and the author of two books including *Operation Self-Motivation: From Potential to Performance*. (Available Fall 2007)

A high energy, high content, high impact speaker, lecturer, and motivational powerhouse, **Al has delivered close to 1000 keynotes and seminars** to nearly a half-million people. His impressive client list includes: **Spelman, Morehouse, University of Connecticut, Johnson & Wales University, Georgia Tech, The Golden Key International Honor Society, and many more.**

He is closely affiliated with the YMCA's Black Achievers program as chairman of the steering committee and Life Skills Coach for the Butler Street YMCA's Multicultural Achievers Program in Atlanta.

Looking at Al's life it's easy to see why he's called **"The Inspiration"**. His diligence and determination are second to none. He emphatically declares that - **"You are guaranteed to win once you defeat the enemy within because... It's ALL mental!"**

www.alduncan.net

High Energy, High Content, High Impact Programs for:

Assemblies ~ Conferences ~ Orientation ~ Leadership Retreats
Black History Month ~ Career Day ~ Commencement
Workshops ~ Panel Discussions ~ Convocations ~ Master of Ceremonies

Book Al Today!
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