

Walter H. Jackson

SPEAKER • AUTHOR • TRAINER

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www.SportingtheRightAttitude.com

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SIGNATURE PRESENTATION:



Sporting the Right Attitude

Walter's leadership message is the perfect high-energy and inspirational opening or closing for your next event. "Often the thing that keeps you from living a productive life and achieving your dreams is not an external obstacle but an internal one — your attitude," says Walter. "And that can be changed."

ABOUT WALTER:

Walter 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. Walter proved them all wrong! Struggling to learn to walk again, he feared his athletic career was over. Then, 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 life, but he knew this attitude was holding him back, so he started applying what he'd learned in sports to 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 became a probation officer, and later a commercial realtor. He holds a doctorate in Metaphysics. Today he co-owns Self Awareness Trainings, LLC with his wife. Together they have trained thousands on effective communication and Mindfulness.

As a keynote speaker, and trainer, Walter teaches sports principles from his book, "Sporting the Right Attitude," (finalist in the USA Book News Awards) for successful living. He gives you the keys to making it work right now in your own life. Known for his exciting delivery and practical step-by-step action plan, Walter blends humor, personal experience and storytelling to help you achieve your personal and professional goals.

His team-building workshops energize participants, transforming them from passive listeners to engaged learners. Whether you're a seasoned veteran of self-help techniques or exploring these principles for the very first time, you'll leave Walter Jackson's inspiring talk knowing that you can capitalize on your strengths, appreciate the differences in others, and overcome any set back life throws your way by "Sporting the Right Attitude."



"Your presentation, which shared your insight into overcoming obstacles and setbacks through "Sporting the Right Attitude," was very uplifting and informative for our business leaders."

The Honorable Doug Bailey,
Mayor City of Cypress
(California)



In the Media:



Los Angeles Times



Janet Alston Jackson

SPEAKER • AUTHOR • TRAINER

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SIGNATURE PRESENTATION:



Mindfulness to Better Your Relationship With Self and Others

Janet shares with audiences her inspiring, fascinating story of working as a publicist and in management for ABC/Disney while trying to navigate the Los Angeles social service system to get help for her adopted, special-needs son. This powerful presentation is based on "A Cry for Light" A Journey Into Love," winner of the National USA Book News Award for Christian Inspiration.

Janet is an electrifying speaker who moves audiences sharing her frustration and anger, trying to help her son, and then her awakening to finding her inner power, peace and wisdom, for success. "Most people," says Janet, "Don't know these things are inside of them."

Janet shares with audiences powerful steps they can use in stressful situations, to find inner peace, clarity, and wisdom, for success, even in the middle of chaos, or dealing with difficult people in their business or personal life, by using simple, Mindfulness Based Stress Management techniques. Today Mindfulness is mainstreamed, and used in hospitals, pain clinics, Fortune 500 companies like Google and Facebook, and in the armed forces.

ABOUT JANET:

Janet is a former ABC and CBS Television Network publicist winning the National Publicist Guild Award. She also won the USA BOOK News Award for her captivating autobiography, "A Cry for Light: A Journey Into Love."

Co-owner of Self Awareness Trainings, LLC, Janet often teams with her husband, presenting team-building and Leadership trainings on effective communication and Mindfulness Based Stress Management.

Janet is a certified Law of Attraction Advanced Practitioner, and received the Three Jewels and Five Mindfulness Trainings and Certification, through the transmission of world-renowned Mindfulness Zen Master Thich Nhat Hanh. She was given her Dharma name: "Compassionate Healer of the Heart."

"Thank-you, Thank-you. You really helped us learn how to deal with others!"

Monica Salmon, Program Director, American Business Woman's Association



"Exciting, interesting, and informative training. I would recommend your presentation to any organization that has a large group of employees. Thanks again for making this year's staff training a huge success"

Lisa McPherson, Training Coordinator for the City of Costa Mesa



In the Media:



Los Angeles Times

LOS ANGELES
Daily News