



**JACK WILL ABSOLUTELY FULFILL YOUR ATTENDEES' NEEDS TO:**

- **HAVE THEIR MINDS ENGAGED** by an expert, with powerful content delivered eloquently and in an exciting fashion to rivet attention and retention
- **LEARN PRACTICAL SKILLS**, so that their lives will be richly impacted
- **BE INSPIRED** to put those skills to immediate use
- **HAVE FUN** and **LAUGH** while they learn

**JACK WILL DEFINITELY PROVIDE AMAZING BENEFITS FOR THEM:**

- They'll be **THRILLED** to learn how to eliminate the precise self-limiting beliefs that prevent them from achieving ultimate success.
- They'll be **EXCITED** to master the most powerful techniques ever developed for dealing with daily challenges and an uncertain future.
- They'll be permanently **EMPOWERED** when they discover the exact formula for adding life to their years and years to their lives!

**JACK'S UNWAVERING COMMITMENT IS TO MAKE A LASTING DIFFERENCE IN THE LIVES OF YOUR ATTENDEES!**

*"The most important and valuable program I've heard in my field for years! I would definitely bring Dr. Jack back again."*

– Audrey Kamin, Regional Sales VP, Met Life

*"I want to thank you for delivering a whole lot more than what was promised for our Sales Recognition Conference. Jack, you not only energized the audience with your positive, entertaining and enlightening message, you undoubtedly changed the lives of many that attended!"*

– David Verani, Division President, Bluegreen Corporation

*"The most interesting, fact-filled and relaxing presentation I have ever heard. You didn't want to miss a minute of it!"*

– Carla Leaver, HR Director, Work Options Group

*"Jack, your presentations were enlightening, empowering, and thoroughly enjoyed by our entire executive staff. I highly recommend your services to any organization interested in building...a strong leadership and service team."*

– Bill Lockyer, California Attorney General

*"Jack's presentation is of supreme value, not to be missed."*

– Michele Burns, Air Resources Board

*"The unsolicited comments from our sales people have all been extremely positive, with some of our people saying your 'presentation really hit home' and that you were 'one of the best speakers they've ever heard.'"*

– Jerry Reiter, CEO, Mega Cap Corporation

**Book Jack and you'll guarantee your attendees a spectacularly successful conference!**



Dr. Jack Singer provides powerful cutting-edge motivational seminars, keynote speeches, workshops and training programs customized to meet the specific needs of any audience. Because fun

and humor rivet learning and retention, your attendees will always roar with laughter, while they learn Jack's proven prescriptions for shattering their self-limiting beliefs, unleashing their true potential and skyrocketing their success!

Dr. Jack Singer is a practicing Organizational, Clinical and Sport Psychologist, author, trainer and consultant. His credentials include a Doctorate in Industrial/Organizational Psychology, a Post-Doctorate in Clinical Psychology and Diplomates from the American Academy of Behavioral Medicine and the National Institute of Sports Professionals, division of Psychologists. Dr. Jack also has a Certification in Clinical/Sport Hypnosis from the American Society of Clinical Hypnosis.

Dr. Singer even worked as a comedic actor on the "Here's Lucy" show, with you-know-who, so he knows how to rivet audiences' attention by interspersing fun and humor into his programs.

A member of the National Speakers Association, Jack has spent twenty-five years speaking for and consulting with Fortune 500 companies, athletes, professional associations and human resources professionals from Miami to Malaysia. His research and self-help articles appear in business, medical, human resources and sports journals across the United States.

Dr. Jack's articles have been published in more than 180 business, psychological, sports and medical magazines and periodicals. He regularly appears on CNN, MSNBC, FOX-SPORTS and on radio talk shows across the US and Canada. His innovative stress and resiliency programs have even been featured in USA-TODAY.

## MOST REQUESTED PROGRAMS

### MOTIVATION, PERSONAL GROWTH & INSPIRATION

#### "Powerful, Proactive Prescriptions to Prevent Hardening of the Attitudes"

The key challenge in the 21st Century for supervisors, administrators, and HR professionals in all occupational capacities is sustaining positive attitudes in their employees during challenging times. In this energizing, entertaining and enlightening program, your attendees will learn how to:

- **Recognize** the specific thoughts that cause their attitudes at any time
- **Shatter** their self-limiting beliefs
- **Re-program** their internal dialogue to maintain healthy, optimistic attitudes regardless of the challenges they face
- **Maintain** ultimate health and happiness, on and off their jobs

#### "Developing the Mindset of a Champion During Uncertain Times: Empower Yourself to Remain Positive, Motivated & Supremely Successful Despite Any Obstacles You Face!"

Politics, the economy, competition, legislative changes, the stock market roller coaster, the need to do more with fewer people...all are facts of life these days. Finding ways to remain consistently optimistic and performing your best when it matters most, is critical to the success of your business and, frankly, your career.

This cutting edge presentation will teach you the exact same Sport Psychology secrets that Dr. Jack teaches to superior (champion) athletes to consistently perform their best, when it matters the most.

Attending this Keynote will Enable You To:

- **Recognize** the exact thoughts that lead to ultimate success in your career
- **Deploy** a powerful formula for identifying and eliminating the self-limiting beliefs that underlie self-defeating attitudes
- **Maximize** your ability to control your "Internal Critic" in order to win the inner game of peak executive performance
- **Drive** yourself and your employees to new heights in job performance, satisfaction and morale, by understanding the secrets of attitude enrichment

### HEALTH AND WELLNESS

#### "Remarkable Resiliency Skills for Changing Times"

Stress is such an overused term, yet examples of stress are with us constantly. Hundreds of billions of dollars are spent annually for medical insurance claims, workers compensation benefits, reduced productivity, poor product quality and drug and alcohol abuse. Stress has even surpassed the common cold as the most prevalent health problem in America! A must for all, this content-packed, fun program will teach your attendees:

- The exact origins of their stress
- How the powerful mind-body connection affects their own health
- The best friend your immune system has
- Seven surefire secrets for stress prevention

#### "How To Live Much Longer Than Your Kids Hoped You Would"

*Get Ready to Absolutely Add Life to Your Years and Years to Your Life!*

George Burns said it best: "You can't help getting older, but you don't have to get old." We are constantly bombarded with books on what pills to take, what exercises to do and what diets to follow to be healthy and live long. But we now know that if you eat reasonably and are physically active, then it's the mental and emotional factors that are the key determinants of your longevity.

In this jaw-dropping presentation, Dr. Jack will teach you the cutting-edge secrets for living longer, healthier, happier and more productive lives. Remember, "People don't stop laughing and having fun because they get old...they get old because they stop laughing and having fun!"

Specifically, you will learn:

- Exactly what it takes to live to well over one hundred
- Specific belief patterns that promote aging and those that promote longevity
- The precise secrets for developing and maintaining the optimistic attitudes that promote longevity
- The cutting-edge model for becoming a "Teflon body" to disease and illness