

INTRODUCTION

(FOR EDUCATORS: ADMINISTRATORS, TEACHERS, SUPERINTENDENTS AND SUPPORT STAFF)

Our speaker today is John Alston. John comes to us from Los Angeles, California. John is a graduate of Chapman University where he graduated not Cum Laude nor Summa Cum Laude, but as John frequently says, "Thank you laude."

He holds a Master's Degree in Counseling Psychology. John has taught elementary and secondary school as well as college courses. He has appeared on the Oprah Winfrey Show, The Montel Williams Show, written four books and has hosted two of his own PBS television specials.

Among his positions, John served as a full time administrative consultant to the Palo Alto Unified School District and served as coordinator of curriculum and staff development in the Hayward Unified School District. He is the founder and director of the American Institute for Stress Management in Oakland, California.

Having addressed over 3 million people in audiences across North America, John was inducted into the National Speakers Association's Speaker Hall of Fame, the highest awarded for professional speakers who have reached the top echelon of platform excellence and professionalism.

John says we can change our lives by changing the way we think. He believes that each one of us has the power to change our attitude and initiate new habits instantly.

Ladies and gentlemen, please help me welcome our guest...
author, coach, educator and Hall of Fame Speaker,

Mr. John Alston!