

Program Description

Motivation/Inspiration/Empowerment

Breaking the Cycle of Violence

In this powerful and heartfelt presentation, Jeff Davis shares the mindset and strategies needed to successfully move past darkness, doubt, fear and, worry so students can get out of the difficulty and rut they may be experiencing, as well as better deal with setbacks to come in the future. Taken from Jeff's experiences hitting rock bottom in High School (*truly* rock bottom), he learned the hard way that there is always a possibility, a solution, and a way out, especially when that solution is not immediately apparent. But your students do **not** have to learn this the hard way because Jeff will enlighten them. Once your students learn these strategies, they will more easily deal with life's challenges. Key areas covered include:

- Finding peace within when everything inside you is screaming with anxiety and doubt
- Learning how to value your own opinion over other's opinions while remaining respectful and friendly
- Tips and strategies to use when &!%* hits the fan and it feels like there is no way out
- Ways to activate higher levels of personal power, discipline, conviction, and persistence
- Methods to move past anxiety and depression and into a life of possibility

Jeff knows that happiness is a choice, something that is not dependent on others. This is a speech in which he conveys incredible levels of passion, purpose, hope, and potential confidence to his audience members, helping them handle anything life may throw their way. This is the most authentic, powerful, and valuable speech you will ever hear.

Value to Participants: Members will walk away with relevant strategies designed to help them move past the roadblocks, doubts, and frustrations they are experiencing in their lives. They will more easily deal with bullying and will not consider suicide as a solution to their problems. They will know how to redirect their energies by creating positive habits and implementing helpful techniques. With less stress and more happiness, students will take steps forward while handling setbacks in the right way.

Value to Your School: Gun violence prevention, reduced bullying, and fewer suicides. Additionally, students will be empowered to move beyond doubt, better deal with difficult challenges, and achieve more. They will leave this program feeling uplifted, inspired, and ready to face anything life may throw their way.

Biography: Jeff Davis, Professional Speaker, Author, and Master Strategist – is Chairman and CEO of Jeff Davis International, based in Newtown, Connecticut. Jeff has had his fair share of ups and downs and he discusses these experiences in ways that benefit the audience. He speaks to students at their level and shares meaningful insights. Through his programs Jeff teaches students that they are only a few steps away from finally moving into the light. Jeff is always learning more, having read many books on motivation and actively growing every single day. He is extremely excited to work with you and your group.