

Please note: This is a general overview of Jeff's topics. Titles are subject to change depending on the audience. The core of these programs stay the same, but some of the content will vary or change when presented to specific age groups. Please contact Jeff's team for more information.

Here are Jeff's most in-demand topics when it comes to working with students, student leaders, and schools of all different kinds (available through keynote, sessions, workshops, mentoring, conferences, meetings, general discussions, and many more formats):

Anti-Bullying

A powerful program, presentation, and discussion designed to eliminate bullying and foster an environment of kindness, collaboration, and friendliness. Based on Jeff's experiences being bullied and how he came out on top.

Preventing Student Suicide

Suicide is a topic that Jeff takes **very** seriously. He knows what it's like to be knocked down by life, having experienced rock bottom. Studies show that suicide is the second-leading cause of death among students. Unfortunately, one in ten students have considered suicide in the past year. The good news is Jeff is here to help. Here's what Jeff talks about that helps students become truly grateful for the life they have been given:

- How Jeff dealt with the pain of being *dead* broke in a foreign country for three months straight
- How Jeff dealt with the very serious feeling of wanting to kill himself after being cut from his high school baseball team his senior year of high school (he was getting recruited by Division II and Division III schools to play at a higher level and he was considered to be one of the best baseball players in the state of Connecticut)
- Strategies to get through the dark night of the soul, a night that is coming to younger students more frequently
- Ways to move past and transform darkness, fear, worry, doubt, insecurity, and feelings of worthlessness
- What Jeff realized when many of his mother's 6 and 7-year-old students at Sandy Hook Elementary School were shot and killed in December of 2012 and why it doesn't need to take a tragedy for students to value their own life

Planning and Setting Yourself Up to Reach Mountaintop Success After High School

**Similar program exists geared towards college students*

Students are incredibly busy with their hectic schedules and rightfully so. Most students do not have the time, resources, or knowledge required to set themselves up to achieve massive success after high school. They may have been given bits and pieces of the puzzle, but they are almost never given lasting and meaningful answers. Using his experiences, Jeff gives the whole picture to students so they can apply what they learn and permanently achieve life-altering results. This

is a hard-hitting, impactful program that a student at any point in their academic career can benefit from. Participants will learn:

- The single biggest obstacle most students face and how this trap can be avoided
- How to use short-term delays and roadblocks as stepping stones rather than stumbling blocks
- Goal-setting tips designed to teach what it takes to get students from where they are to where they want to be
- Ways to infuse life purpose into each and every activity a student does
- Strategies to avoid distractions and keep moving forward
- For sophomores and juniors: extremely helpful tips on the college selection process

Successfully Balancing School, Extracurriculars, and Life

Balancing work, school, and life is something we all struggle with at one point or another. Students today face difficult challenges with increasing workloads, bigger expectations, busy social lives, and a never-ending list of extracurriculars they are taking part in. This leaves students with more overwhelm and little time to relax, unwind, and truly recharge. Jeff Davis graduated college with 155.5 credits, 27.5 more than what was required. Jeff left McDaniel with all-college Honors as well as Honors in his major of economics and he did this while playing Varsity college baseball. His outstanding achievements in college and his ability to be a well-rounded student and person led him to getting into (and graduating from) a world-class Master's degree program at Johns Hopkins University. He did all of this with little to no stress. Jeff knows what it takes to balance an insane amount of demands and priorities and looks forward to conveying this applied knowledge to younger students so they can get ahead of the curve. Points covered:

- Powerful ways to identify top priorities so students can focus on what's most important
- Practical tips to bring action-packed schedules back into balance so that students can be more peaceful and enjoy their day-to-day life
- How students can create more downtime for themselves even when they have a lot going on
- Five ways students can permanently adjust and alter their lives

For Athletes: How To Win On and Off The Field

Student athletes deal with a multitude of pressures as they are driven to succeed both on the field and in the classroom. Jeff knows this better than anyone, having played multiple sports in High School. In this enlightening and dynamic presentation, Jeff pulls back the curtains and shows what it takes to get the job done on the field *and* in the classroom. Speaking directly to student athletes and connecting with the kind of stressors they face, student athletes will learn:

- The two biggest reasons why they are not succeeding in the classroom and what they can do to change their results immediately
- Practical tips to decrease stress and unclutter their life so they have more time to have fun and practice their sport
- How to master their time so that they can get more done in less time
- Three keys to translate on-the-field success to off-the-field success
- How to implement visualization techniques to achieve peak performance on and off the field

Minimizing Distractions and Better Managing Your Time For Ongoing Success as a Student

Time management is life management and is perhaps the most valuable skill a student (or anyone, really) could possess. Jeff Davis has read countless books and articles on time management and he applied what he learned. Jeff finished a 2-year Master's degree program in 1 year flat, the fastest person to complete the program in the history of Johns Hopkins Carey Business School. At one point in time, Jeff took five classes at once, nearly twice as many classes as the full-time students were taking. But Jeff wasn't just a student. While going to graduate school he worked for the Charles County Government, wrote and published his first book, traveled to new countries, and somehow made time for friends and family. This was all while he spent countless hours networking, growing his business, and finding a publisher. The key is that this is a life skill that can be learned at any age, especially during middle school and high school. This is applied, practical knowledge that Jeff looks forward to sharing with students. Learning these skills at a young age will help these students for the rest of their lives. Topics covered include:

- How to simplify activities, tasks, and obligations in useful ways
- How to streamline homework and assignments, double productivity, and finally eliminate stress
- Ways to clarify goals and optimal next steps
- Techniques to stay energized, joyful, focused, and motivated to complete anything
- What students need to do in order to achieve more in a month than most people achieve in *years*
- The trick to defeating procrastination

Student Leaders: Becoming a Leader Others Will Follow

Leadership is a topic misunderstood by many. Today, more than ever, leaders are needed at a young age in families, in the classroom, and in extracurricular activities. This relevant and useful presentation will give students everything they need to become true leaders. Students will learn:

- The different kinds of leaders and how to figure out what kind of leader they are
- Implementable strategies that show how leadership is a skill that can be learned (leaders are not born, they are made)
- How to become a student leader in the face of adversity and setbacks

- Skills and practical techniques students can carry with them for the rest of their lives