

# Walter H. Jackson, Msc.D. Janet Alston Jackson

Professional Keynote Speakers & Award-Winning Authors



## Motivated and Mindful in College

It's important students are motivated and resilient to academic pressures. Walter's powerful motivational college message shares how he overcame a horrific car accident that took away his sports college scholarships; and his depression in college over his father's murder. Students will be inspired to overcome their setbacks too. Janet shares easy Mindfulness techniques students can use immediately for release stress to help overcome fears and worries. Scientific studies show Mindfulness helps students improve academics with long-term success.



### VIDEOS:

<https://www.sportingtherightattitude.com/video-reel>

### The Jackson's presentations will show you how to:

- ◆ Use three sports principles to improve your attitude for success in college and beyond
- ◆ Identify and release self-defeating thoughts
- ◆ Use simple Mindfulness techniques to:
  - \* release stress and worry
  - \* improve relationships
  - \* focus and concentrate
  - \* sleep better



**Book the Jacksons individually or together for your next speaking event**

Contact info:

[info@SportingtheRightAttitude.com](mailto:info@SportingtheRightAttitude.com) | 404-850-4280

[SportingtheRightAttitude.com](http://SportingtheRightAttitude.com) \* [JanetAJackson.com](http://JanetAJackson.com) \* [SportingtheRightAttitude.Net](http://SportingtheRightAttitude.Net)

## Testimonials.



*Jacksons -guest speakers at  
University of California, Los Angeles  
(UCLA graduation)*

***"Your presentation was everything I expected and more. It was professional and informative, engaging – and fun. It is not always easy to keep a group of almost 350 students engaged, but you owned that classroom. All the students were so engaged, and I rarely see so many students come up front after class to talk to and thank speakers individually. Also, I wanted to let you know that many students have come to me since and told me about how they enjoyed class and how they found you and your presentation inspiring."***

~Ilona S. Yim, Ph.D. Associate Professor, University of California, Irvine

***"The Jackson's presentation was electrifying!"*** ~Earl Kim, student, Calif State U, Long Beach

***"Walter's speech makes me want to be a better person."*** Jeff Lyons, University of Southern Calif.

***"Walter's speech was really moving. I related to what he said, and it touched me. I'm so grateful that he came today."*** ~Maggie Walsh, UCLA (University of California, Los Angeles)

***"Janet Thank you for making our women's conference a huge success! Our attendees expressed that they tremendously benefited from your presentation."***

~Kari Soffa, Women's Conference Co-Chair, College of the Canyons (Los Angeles county)

**WALTER H. JACKSON, Msc.D.** grew up in a low-income family witnessing domestic violence. He attracted media attention as a rare Four-Sport athlete in football, basketball, baseball, and track and field. However, a fateful car accident stole his promising athletic career and scholarship offers from top colleges. Doctors predicted he wouldn't survive his coma and multiple internal injuries. Walter proved them wrong! He learned to walk again, and set his mind back on college athletics. Just as he was making a full physical recovery, his world was shattered again when his father was murdered by a stranger. Walter was angry and depressed with life, which he thought of ending. Instead, he remembered from sports, that his attitude was holding him back. He started applying what he'd learned on the field in 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 who was in the ministry, received his metaphysical doctorate, and became a former juvenile probation officer. He later served over 20 years with the Federal Government. He authored "Sporting the Right Attitude: Lessons Learned in a Troubled Family."

**JANET ALSTON JACKSON**, Award-winning author, and Mindfulness teacher received the USA Book News Award for her memoir, "A Cry for Light: A Journey into Love." Janet shares with audiences her desperation needing stress relief promoting celebrities and shows for ABC and CBS Television Networks while trying to raise three children, one adopted with special-needs. His emotional problem was tearing her family apart. She developed serious stress-related illnesses and she went on a long journey to find her son help and herself inner peace. Janet found and studied under several Mindfulness teachers, including world-renowned Mindfulness master teacher and peace activist Thich Nhat Hanh who was nominated for the Nobel Peace Prize by Dr. Martin Luther King. From Mr. Nhat Hanh, she received her Mindfulness certification, and he wrote the foreword to her book "Cry". Janet also received teacher's training from the Foundations of Unified Mindfulness and has attended ministerial college. Today Janet travels teaching corporate employees Mindfulness, including Online for Emindful.com.

**Book the Jacksons individually or together for your next speaking event**

Contact info:

info@SportingtheRightAttitude.com | 404-850-4280

SportingtheRightAttitude.Com \* JanetAJackson.com \* SportingtheRightAttitude.Net