

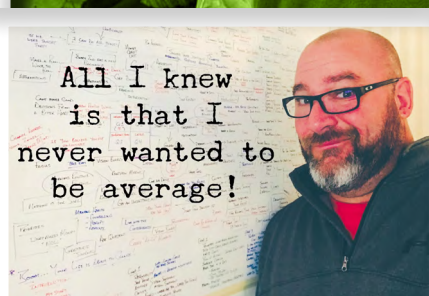
WHO IS

THE "AH-HA!" SPEAKER

for youth & adults!

Jeff Yalden

MTV MADE
MUSIC TELEVISION
Celebrity Teen & Family Life Coach



TEDx SPEAKER



1992 YEARS

5 MILLION PEOPLE

50 STATES

49 COUNTRIES

America's #1 Teen Motivational & Mental Health Community Speaker
For School Assemblies, Youth Conferences, Teachers & Staff, Parents & Community,
Colleges & Universities & Mental Health Conferences

www.JeffYalden.com

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CELEBRITY TEEN & FAMILY LIFE COACH

www.jeffyalden.com



TEEN MOTIVATIONAL SPEAKER & MENTAL HEALTH SCHOOL COMMUNITY ADVOCATE

- School Assemblies
- School Communities
- Teachers & Counselors
- Mental Health Professionals & Conferences for Teens and Adults
- Colleges & Universities
- Leadership Conferences
- Juvenile Detention Centers & Prisons
- Law Enforcement & First Responders
- Military Service Members

“ Jeff Yalden changed my life in an hour more than the world did in 16 years! ”

P. Blumenstein, PA

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www.jeffyalden.com



- TAKE TIME TO THINK
- Be Patient. Be Still. Breathe. It will be OK!
- It's OK to ask for HELP!
- See Something. Say Something. Know Something. Do Something.
- Award winning and internationally acclaimed teen mental health speaker

Jeff Yalden
BE INFLUENTIAL... CHANGE THE WORLD!

WHO IS JEFF YALDEN?

“ Jeff has the ability to reach the very heart of his audience by relating experiences to their lives, and also by giving them direction and hope for their futures. ”

- D. Guglielmana,
Activities Director, Martin
Luther King Jr. Middle
School, Oceanside, CA

Jeff Yalden is a passionate advocate for mental health in youth and adults, and a leading authority on teen motivation, teen mental health, and teen suicide prevention and crisis intervention. His programs for teen mental health awareness, suicide crisis intervention and suicide prevention are highly sought-after in school communities across the country.

A professional speaker and educational consultant since 1992, Jeff has mesmerized more than 4000 live audiences at schools, colleges, and mental health organizations in all 50 states and 49 countries.

Jeff speaks from experience and delivers from the heart - with a no-nonsense approach that leads his audiences to their “AH-HA!” defining moments. He plants seeds that resonate long after he speaks.

He is a *New York Times* bestselling Co-Author of *A Cup of Chicken Soup for the Soul*. He is a four-time Amazon bestselling author, including his book, *Teen Mental Health & Suicide Prevention: The “Why” Behind Today’s Teen Suicide Epidemic*. This book explains the factors that can lead to teen suicide, addresses his theory on teen suicide, and offers a common-sense approach to reversing this heartbreaking trend. His *BOOM! One Word to Inspire Action, Deliver Rewards, and Positively Affect Your Life Every Day* took off immediately after he wrote it. This book addresses Jeff’s battle with depression after spinal cord fusion and his near-death experience with diabetes forcing him to make the decision to lose 100lbs.



Interactive! Hilarious! Heartfelt!



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Meet Jeff Yalden

Jeff was featured as a celebrity teen and family life coach on MTV’s longrunning reality show, **MADE**, and has appeared in numerous print, radio, podcasts, and television interviews worldwide.

His widely-downloaded podcast, **Mental Health & Motivation**, brings his hard-hitting message to an ever-increasing audience. **Real talk. No excuses. Straight up influential and motivational advice.**

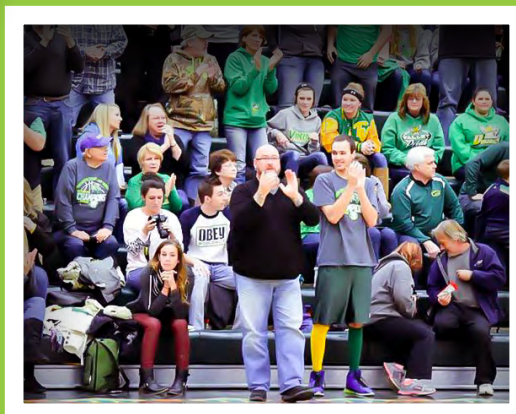
Jeff is a man who heroically and fearlessly lives with mental illness. Diagnosed with major depression, bipolar II disorder, and PTSD - Jeff is transparent and authentic in his personal journey with self-care, therapy, and medication.



You were able to begin with someone crying tears of laughter, and the second later have someone cry with emotion. I think that may be one of the coolest things I have ever witnessed.

- K. Harper, PA

THE PERFECT SPEAKER FOR SCHOOL ASSEMBLIES & SCHOOL COMMUNITIES



Jeff is a legend in youth speaking and is one of the most experienced suicide prevention and school crisis intervention speaker/consultants you'll ever meet. Your audience will be thrilled to work with him and watch his magic with youth and families.

He has witnessed the unspeakable tragedy of suicide firsthand, including one of his Marines, who made the "forever decision" to end his life in the middle of a conversation. This horrible event planted a seed deep within Jeff to help others see that suicide is a permanent action to a temporary problem. **Suicide is the most preventable death and there is hope.**

He has grieved with and comforted families across the country and has helped many communities come together and move forward after experiencing devastating loss.

HE MAKES TEENS LAUGH! HE COMMANDS THEIR ATTENTION!
HE MAKES TEENS THINK!

- School Assemblies
- Teen Mentoring
- Teachers & Staff
- Parents & Communities

Jeff's podcast attracts thousands of subscribers each month, due in large part to his hard-hitting and from-the-heart approach to motivation, self improvement and his straight talk to families, teens, and those interested in making real changes in their lives. Subscribe by visiting:

www.JeffYalden.com



Jeff Yalden
The Influential change the world



Veteran staff members indicated that you were the best assembly program that they had witnessed in their careers. Students told me that they were going to use your thoughts in their college essays. Others wanted you as our graduation speaker. I personally was moved by your thoughts.

- J. Okulski, Principal
Garden City HS, Garden City, NY



Your presentation today, in the words of our students, "awesome"! In the fifteen years of bringing speakers to Warwick High School, this was the first time anyone has received a standing ovation from the students.

- C. Schmitt
Guidance, Warwick HS,
Warwick, NY

- TAKE TIME TO THINK
- Be Patient. Be Still. Breathe. It will be OK!
- It's OK to ask for HELP!
- See Something. Say Something. Know Something. Do Something.
- Award winning and internationally acclaimed teen mental health speaker

HE COMMANDS ATTENTION, HE MAKES YOU THINK

Anybody who has seen Jeff speak knows why he is highly regarded as one of the top speakers in the world. He's made his career all working with youth, schools, educators, counselors, and mental health professionals. Jeff says, "My passion and purpose met with God's plan for me and the rest just exploded!"

He possesses an uncanny ability to reach today's youth on their level - in a language and style they respect. Students "get" him! He "gets" them too!

Jeff's renowned "About Life" presentations cover such subjects as attitude, choices, self-respect, and much more. His "Take Time to Think" mantra is forefront in all of his youth programs - and he deeply understands that the stresses of school, family, peer pressure, and puberty put our youth at risk of making poor choices. Combine all this with the surge of smartphones from 2012-2018, and you can imagine why teens are feeling the way they do.

His full day "Teen Mental Health" days lasts 14-15 hours in schools and school communities talking teen mental health and suicide prevention. Jeff works closely with the administration and counselors to provide support for teens, teachers, and the community. These days are amazing and new students are coming forward that prior to Jeff's visit were not on the school's radar.

By using vivid examples from his youth, Jeff connects with students on an intensely personal level as he drives home three crucial maxims:

- ATTITUDE INFLUENCES CHOICES
- CHOICES BUILD CHARACTER
- CHARACTER SHAPES LIVES



Jeff speaks more than 200 times a year at high schools, colleges, and other venues across the country - and students come away believing that they too can make a difference in the world.

His innate ability to connect with his audience makes Jeff a trusted and caring voice for our youth.

For many students, Jeff's presentations elicit a "defining moment" - opening them up to a lasting sense of purpose while building on a foundation of authenticity, self-acceptance, and healthy decision-making. Students love and appreciate how Jeff is transparent and genuine in his talks. They appreciate how he shares his personal life, struggles, and how he overcomes his own mental illness. Diagnosed with major depression, bi-polar type 2, and PTSD, Jeff isn't afraid to speak about his ups and downs, but carefully talks about how he overcomes every day challenges and triggers.

Don't be surprised to see tears well up in the eyes of even the toughest kids as he breaks through their defenses and opens their hearts to new meaning, understanding, and direction.



JEFF'S PROGRAMS ARE AGE-APPROPRIATE AND ALWAYS TAILORED TO HIS AUDIENCES.

OFFERINGS:

- School Assemblies
- 1-3 Day School Community Programs
- Community Mental Health Fundraising Events
- Mental Health Themed Presentations, Workshops, Conferences
- Teen Leadership Keynote Speaker & Workshop Presenter
- Corporate Wellness Events

... and so much more!

TED^x SPEAKER WORLD-RENOWNED TEEN MOTIVATIONAL & MENTAL HEALTH SPEAKER



TED X Speaker - The "WHY" Behind Today's Teen Suicide Epidemic

"AH-Ha! Defining Moments

MTV MADE Celebrity Teen and Family Life Coach

Take the Right Step Today and Contact Jeff!
1-800-948-9289 | www.jeffYalden.com

WHEN COMMUNITIES ARE HURTING

Labeled "a city in crisis" and "a community experiencing a suicide contagion" by the Canadian Mental Health Association, Woodstock (Ontario, Canada) called on Jeff. After his five-day visit, the community grew more stable.

After a school experienced a suicide in the school bathroom they called Jeff and within a week, Jeff brought the school climate and morale back to normal.

When another school community lost fourteen students to suicide (including three in one day), and a school shooting, Jeff came to the community on his own that night. 5,000 people watched Jeff speak on LIVESTREAM and over 500 community members and teens came to the church to hear Jeff talk. Jeff wasn't hired by the school. He was and is very vocal about acting on behalf of the students, teachers and staff, in order to give them hope and support.



Jeff loves to attend high school sporting events to support the teens and community and he's usually your #1 fan with the Student Cheering Section.

Every Year More and More Communities are Reaching Out for Help:

Darien, CT; Los Angeles, CA; Rainbow City, AL; Vietnam, Singapore, Marriottsville, MD, Riverside, CA; Uvalde, TX; Miami, OK; Portland, Brookfield, MO; Barnard, MO; Perry Township and Canton, OH; Tioga, ND; Devine, TX; LaPryor, TX; Woodford, TX; Lytle, TX; Atchison, KS; Mooresville, NC; Akron, IN; Warsaw and Wawasee, IN; Pottsboro, TX; Newcomerstown, OH; Los Angeles, CA; East Machias, ME; Midland, TX; SUNY Cobleskill, Lynwood University, MO; Boca Raton, FL; Douglas High School, Parkland, FL; New Praire and Bremen, IN; Monroe Township and Saddle Brook, IN; Tulsa, OK; Joplin, MO; Upper Daughin, PA; Eudora, KS; Appleton, WI; Sierra County, CA; Kill Devil Hills, NC; Mathews, VA; White Swan, WA - AND SO MANY MORE

"IT'S OK TO ASK FOR HELP TO COPE WITH ANXIETY AND STRESS!"

Mental health is vital to our teenagers' overall health and wellbeing. But for the millions of American teens who live with depression, anxiety, and other mental health challenges, the road to recovery can be difficult to navigate.

Do you feel like emotional and mental health problems are robbing your teenagers of what could be some of the best years of their lives? Has mental stress left your teenagers hopeless and desperate? Perhaps you need the guiding support of a professional to help bring your teenager's big dreams to reality?

JEFF CHANGES LIVES...ONE COMMUNITY AT A TIME!

Jeff Will Help Make the Rest of Their Lives the Best of Their Lives



Highly regarded as one of the top mental health motivational speakers in the world, Jeff Yalden has addressed audiences in all 50 states, 49 countries, and every province in Canada. This **TEDx Speaker**, Podcast Host, Four-Time Amazon Best Selling Author, **New York Times #1** Best Selling Co-Author, Non-Profit Foundation Founder, Mental Health Advocate is passionate about stopping teen suicide and advocating for mental health.

He is a man that heroically lives with mental illness. Diagnosed with major depression, bi-polar type 2, and PTSD, Jeff is transparent and authentic in his personal journey with self-care, therapy, and medication. He is a passionate mental health advocate for adults and youth. He's a leading authority on teen motivation and is a renowned expert to school communities for teen mental health awareness, suicide crisis intervention, and prevention.

As a celebrity teen & family life coach featured on MTV's long-running reality show, MADE, Jeff gets to the heart of the matter helping people and communities in their daily struggles together and finding real solutions to the challenges that come their way. Jeff has appeared in numerous print, radio, and television interviews nationwide, including FOX, CBS, NBC, SPIKETV, A&E, and The Oprah Network.

He is a Gulf War Veteran a two-time Marine-of-the-Year recipient and was Mr. New Hampshire Male America in 1990.

Every year, he reaches millions of people live, his social media platforms, podcasts, books, and YouTube videos.

For more information, please visit www.JeffYalden.com



CONSIDER JEFF FOR A FULL DAY OR TWO
YOU CAN ALSO SHARE JEFF WITH ANOTHER COMMUNITY!

Full Day Programs start at 7:00am and go to 9:30pm . . . Amazing Day!

7:30 AM

Meet and greet with key administration and staff. This ensures that everyone is on the same page and excited about the day.

8:30 - 10:15 AM: SCHOOL ASSEMBLY

All about teen motivation and life, Jeff uses his own story to illustrate the pitfalls and temptations young people are likely to encounter and the successes they can celebrate on the road to adulthood. Behavior. Attitude. Choices. It's OK to ask for help. Take Time To Think. Inspirational.

Jeff is transparent about his own life and his struggles with mental illness - but his stories are also laced with his unique brand of humor. Today, Jeff is a man who heroically lives with mental illness and is a staunch advocate for mental health.

Jeff doesn't lecture the students, and his talks are not canned. Your students will "get him" right off the bat. Jeff cares about the teachable moment, being present and engaged with your community.

Let the energy happen. It's amazing. It's safe. It's real issues. I will tell the kids that I'm here all day, and that if anybody wants to talk, we are here.
Jeff Yalden

10:30 AM: WHERE WE NEED TO BE DOING WHAT WE NEED TO DO!

I'm where I need to be, doing what we need to do to support and inspire our kids.
Jeff Yalden

Jeff makes himself available for students, teachers, counselors and staff. This is the perfect time for one-on-one chats, small group conversations, school climate and culture building and walk-throughs.

Make sure a counselor is available. Breakthroughs can happen at any moment, and they usually do.

You will discover which students are on the school's radar, and who is now going to be on that radar - one step closer to getting these students the help they need.

3:00 PM - 4:00 PM

Teacher/Staff In-Service Presentation. Fun, insightful and productive - talking teen suicide and mental health. And/or, building walk through for school climate and school spirit based on Jeff's 25 years experience. Learn where most (in-school) suicides happen and what to do.

7:00 PM - 9:00 PM

Parents and Community Program (See Parents and Community Page) If there is a sporting event scheduled, Jeff would love to attend. He's a coach after all, and the athletes appreciate his being there to support their team. Go TEAM!



This day is amazing. I am your guest - let me be a part of your school climate: teacher, coach, fun and exciting "Coach" Jeff for the day. What you need, where we can be, however we can serve . . . We go all day!

DAY #2: "Can you stay another day?", says many school administrators after this day. Consider a second day with more coaching, but this time mediating between the teen and the parents. Parents sign up after the Parent and Community Program. Let's get these teens on the right track. After all, they listen to Jeff.

THE GREATEST HEALTHCARE CRISIS OF OUR TIME!

THE GREATEST HEALTHCARE CRISIS OF OUR TIME!

It is rare to find a speaker who knows the teenage soul as well as Jeff does. His stories really hit home with the students. Jeff inspired our student to consider their greatest potential.

- Stacey Reilly, SADD Sponsor
Northwest High School,
Germantown, MD

Jeff is always eager to meet with family and/or friends to help understand the reasons and thoughts as well as to encourage the grieving process.

J E F F Y A L D E N

U.S. SUICIDE RATES HAVE REACHED A 30-YEAR HIGH!

In 2017, we had 160,000 teens rushed to the Emergency room with a failed suicide attempt. Of those, 35% will try again and succeed!

SUICIDE PREVENTION AND CRISIS INTERVENTION

Jeff is educated, trained, and certified to raise awareness about mental health. He teaches suicide prevention in a manner designed to educate, inform, and inspire. His speaking programs interweave key educational messaging with personal narrative, bringing audiences together for an enlightening program. Nobody has his experience!

In the next decade we will have a 31% increase in teen suicide and drug overdoses and alcohol related deaths.

Jeff Yalden

Mental illness is the greatest healthcare crisis of our time and we as educators have a great responsibility to reach our youth where they won't come forward.

Since 2012, we've seen a surge in smartphones and teens access to smartphones. Social media platforms, group texting, YouTube, and always being "ON" has really changed how our youth cope and problem solve, let alone what all this "ON" time does to one's self esteem. Jeff's Theory on Teen Suicide coupled with the growing teen suicide epidemic and it becomes clear that mental illness is a recipe for disaster that threatens to put the already overburdened healthcare system on its ear.

Contact Jeff today! Be proactive.

"Millions of teens in the United States have mental health problems and behavioral imbalances that may lead to poor academic performance and unfulfillment in their lives.

"1 in 5 children ages 13-18 have or will have a serious mental illness.

"Suicide is the second leading cause of death in youth ages 10 - 24 and 90% of those who died by suicide had an underlying mental illness.

"More teenagers and young adults die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza, and chronic lung disease, combined.

"Each day in our country, there are more than 3,000 suicide attempts by young people grades 9-12.

"If these percentages are additionally applied to grades 4-8, the numbers would be higher . . . MUCH HIGHER.

"THE COSTS OF NOT TAKING ACTION ARE JUST TOO CRAZY TO IGNORE!"

THE STATISTICS ARE HIGHLY TROUBLING

PARENT AND COMMUNITY PROGRAMS

Raising Healthy Teens:
How Parents Can Successfully Parent Today's Child During Troubling Times

Two Hours of Fun, Laughter, and Thought: Teen Mental Health, Sexting, Drugs & Alcohol – Opioids, Vaping . . . Oh Boy! Social Media, Smart Phones, Life, Self Esteem, Adulthood, Suicide Prevention, and so much more.

Jeff's Parent and Community presentations provide an added benefit to his school visits by bringing together trusted adults and speaking the truth to their responsibility of parenting and caring for their children.

As a father, Jeff knows that parents play more of a role in the self-esteem of teens than any other adult, and his presentations are a great way for parents to find solutions to pressing issues like cell phones, social media, and the Internet - especially to the question, "how much is too much"?

We have given our young people rights and privileges that they are not emotionally capable of handling - especially the stresses that come with some of these platforms. We need to remember that the expectations of parents, teachers, and peers may also be putting undue pressure on them.

Jeff's Theory on Teen Suicide addresses three main points

I'm Alone * I'm a Burden * Desire for Suicide

TEENS NEED TWO QUESTIONS ANSWERED.

DO YOU CARE ABOUT ME?

CAN I TRUST YOU?

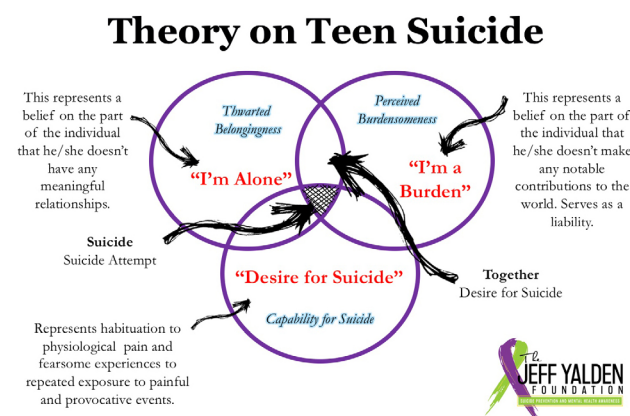
Demonstrate that you can answer these three questions and you have a better chance of your teen opening up to you. Jeff provides the tools to empower parents to do just that.

- " In a crisis situation, would your teen come to you as their first trusted adult to reach out to?
- " What are the two words teens use to describe parents?
- " Why do teens not open up to trusted adults and parents?

Jeff answers all of this and you'll be shocked!

If we focus on the early prevention and intervention of mental health problems in the lives of our teenagers, we'll be laying a solid foundation for greater health outcomes in life and investing in the future of our society.

Jeff Yalden
BE INFLUENTIAL - CHANGE THE WORLD!



Teacher In-Service Presentations Hour Long or Half Day

(Nobody Does Full Day Programs in School Communities Like Jeff Does)

Teenagers find it difficult to ask for help. Most times, they find it hard to trust and relate freely with the adult in their lives. During Jeff's full day(s) visit you'll see teens not on the school radar signed up to want to talk to him raising more awareness of teens in need of trusted adults, help, and possibly intervention.



WE TEACH STUDENTS FIRST. SUBJECT AREA IS SECOND.

A lifelong educator who has taught and coached at the high school level, Jeff understands that teachers periodically need to refocus on why they chose to teach. Jeff is a strong advocate for teachers and how hard they work. His first message is to validate the work of a teacher and then share how important it is to be present and engaged every day.

His teacher in-service program empowers educators to rediscover their calling and renew their passion, conviction, and sense of mission - resulting in a motivation to refresh their unique teaching styles.

His combined teacher and staff in-service program is an ideal way to reawaken a sense of shared purpose in your entire team. This will ignite a spark of improved morale, school spirit, and purpose - radiating outward from team members to students, parents, and the community at large.

Jeff also talks about teen mental health and suicide prevention. He will share signs and symptoms, clues and warning signs, and give you his Theory on Teen Suicide and what a teacher or staff member can do to prevent a suicide from happening.

Learn to be a "Trusted Adult" to whom a teen will open up and know what to do when "Red Flags" are visible.

[Learn how to ask the question without being afraid.](#)

TALKING TO COLLEGES & UNIVERSITIES:

KEYNOTE, WORKSHOPS, HALF DAY & FULL DAY PRESENTATIONS

**See Something *
Say Something ***

**Know Something *
Do Something ***

Through his personal storytelling, Jeff encourages his audiences to recognize the signs of mental health struggles in themselves and in others - and to reach out and seek help.

One of the reasons he enjoys speaking at colleges and universities is that he can deliver a no-holds-barred presentation designed for young adults - targeted to these students for maximum impact and focusing on the issues college students face daily.

Jeff tackles many of the issues today's college students are facing: Self value, fear of failure, fear of disappointing parents, friends, themselves, not living up to the expectations others have for them or they have for themselves, the pressures of college academics, uncertain future, getting a job, relationships, adulthood, mental illness, depression, and more.

Jeff's programs are ideal for both community colleges and universities. He captivates as a freshman orientation keynote speaker as well as a campus mental health speaker / presenter talking mental health and/or suicide campus intervention and prevention. His campus mental health programs deliver actionable content in a relevant and engaging way.

His upbeat and inspirational message offers hope for college students struggling with anxiety and depression and encourages those questioning the meaning of life to seek help.

MENTAL HEALTH PROFESSIONALS

Adult Mental Health Conferences: Keynote Speaker & Workshops

Jeff is well-known as a youth mental health speaker; he also has extensive experience with adults too.

"If adults don't start accepting mental illness as an illness, it's going to be a lot harder to do our work with our youth and beyond," says Jeff. "We need to attack this today to make tomorrow better - to lessen the stigma of mental illness in society. We also need to realize as mental health professionals, we are for many the only one that can take a person from mental illness and wanting to make that forever decision to realizing, 'It's OKAY to ask for HELP!' and be patient in the process." Jeff is a strong advocate for validating the work mental health professionals do every day and Jeff connects where others don't want research and statistics.

He recently spoke at an event for the Pasco County, Florida chapter of NAMI - the National Alliance on Mental Illness. Many people in that audience live with mental illness every day, just like he does. He also spoke to community influencers, police officers, hospital workers, and folks who work in the mental health field. Jeff is doing many more mental health professional conferences and speaking as a keynote speaker and/or workshop presenter on mental health and also on his own journey living as a man with mental illness. He is a believer that people living with mental illness must be aware of their mental illness and also accept they live with mental illness. The first step is awareness and acceptance. Then asking for help and self-care. This, along with patience and progress, getting help, and listening to professionals helps you live a productive life of fulfillment and meaning.

His no-nonsense programs are well-received at mental, physical, and behavioral health facilities as well as consumer/advocacy events and veterans' organizations.

JEFF IS AVAILABLE FOR CORPORATE WELLNESS EVENTS, TRAINING, LIFE COACHING, MENTAL HEALTH AND SUICIDE PREVENTION WALKS AS A SPEAKER AND PARTICIPANT AS WELL AS FUNDRAISING EVENTS SUCH AS GOLF TOURNAMENTS AND 5K RACES.

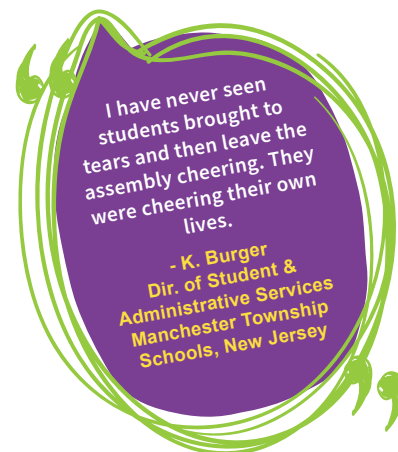
THE JEFF YALDEN FOUNDATION

A 501C3 non-profit foundation Jeff started in 2018 for his work on teen mental health and suicide prevention and intervention, Jeff is grateful to the office of Senator Pat Toomey for backing him and his mission.

JEFF'S BOOKS & PRODUCTS

- **Take Time To Think bracelets**
- **Take Time To Think dog tags**
- **BOOM: One Word to Inspire Action, Deliver Rewards, and Positively Affect Your Life Every Day**
- **Teen Mental Health & Suicide Prevention: The "Why" Behind Today's Teen Suicide Epidemic**
- **BOOM Workbook**
- **Your Life Matters**
- **28 Days**
- **Online Suicide Prevention Courses**

Teen Mental Health & Suicide Prevention: The "Why" Behind America's Teen Suicide Epidemic
Based on his comprehensive teen suicide prevention programs, Jeff explains the factors that lead to teen suicide and offers a common-sense approach to reversing this heartbreaking trend.



One Word to Inspire Action, Deliver Rewards, and Positively Affect Your Life Every Day

ARE YOU TIRED OF NOT GETTING THE MOST OUT OF YOUR LIFE AND FEELING DOWN?

It is time to start implementing the BOOM!

BOOM stands for "Be of One Mind" and is your reminder to align everything with your purpose. The BOOM! is a universal word for complimenting, agreeing, celebrating, and rewarding. It helps you to feel motivated, think positively, and let the law of attraction work for you.

The BOOM 28 Day Boot Camp:

Create a Life of Success. Find Motivation. Crush Goals. Overcome Obstacles. Live with Purpose. Have you ever struggled with time management and organization? Do you find yourself giving up because managing your time and going after your goals becomes too much? In this 28 Day Boot Camp Workbook, Jeff Yalden shows you how to Create a Life of Success in a step by step easy to follow process.

Your Life Matters: Tips from America's Favorite Teen & Family Life Coach

Your Life Matters goes deep into the hearts of teens and young adults worldwide. At one time, he was a lost and confused teen. Today, Jeff touches the hearts of millions as he shares his timeless lessons about life's defining moments.

28 Days: Creating A Life of Success

(A 28 Day Daily Exercise that accompanies the 28 Day Workbook)

All books are available on www.amazon.com

ONLINE COURSES



“As I listened to you speak, I surveyed the room to see the reaction on the student's faces. Their reactions ranged from laughter to complete amazement. You certainly have a grasp of human behavior and a way of expressing deeper meanings behind such behavior.

- M. Wingate, Asst. Principal
Keystone Heights HS, Keystone Heights, FL

SUICIDE PREVENTION TRAINING FOR TEACHERS AND EDUCATION PERSONNEL

ONLINE COURSES: TEEN LIFE SKILLS COURSES AND TEEN SUICIDE PREVENTION COURSE FOR TEENS HELPING TEENS!

For details, visit www.jeffyalden.com/onlinecourses

PROGRAM TOPICS: Self-Injury, Physical and Mental Health Issues, Peer Pressure, Self Esteem, Mental Health, Anxiety, Men and Mental Health: Real Men - Real Talk, Advocacy, Suicide, Suicide Crisis Intervention, Suicide Prevention, Veterans Issues, Depression, Stigma Reduction, Post-Traumatic Stress Disorder

TAILORED PROGRAMS: Students, Teachers, Administrators, Counselors, Athletes, Service members [Active Duty and Veterans], First Responders, Parents, Mental Health Professionals, High Schools, Colleges and Universities

WORKSHOPS: 50-60 minutes offered as a stand-alone program or as an additional focus-group extension to Jeff's keynote presentation:

- **Theory of Suicide:** Three Factors that Lead to Suicide
- **Crisis Intervention:** Signs to Look for and How to Respond Appropriately
- **Living with Mental Illness:** Had I Known Then What I Know Now
- **Self-Care as a Priority:** The Power of Taking Care of Yourself First
- **Time and Words:** Two Things You Can't Take Back/Living with Bipolar Disorder
- **I'm Here for You:** What to Say and What Not to Say
- **Mental Illness:** What Stops People from Seeking Help
- **Breaking the Stigma of Mental Health:** An Economic Issue and Our Responsibility

ADDITIONAL COMPONENTS TO ENHANCE THE GROUP EXPERIENCE:

- **Roundtable Discussion with student leaders, administrative staff and other small focus groups**
- **Panel Presentation:** Jeff is available to participate in or facilitate panel discussions
- **Workshops:** Mindfulness, Meditation and Breathing, Journaling, Creative Writing, BOOM 28-Day Bootcamp, Time Management, Organization, Vision Boarding, Goal Setting, Stretching, Myofacial Balls
- **Golf Outings & 5K Community Fundraising Events**
- **School Sporting Events**
- **Book Signings**

Are you ready to empower your teen with a more positive perspective on life, a greater sense of achievement and self-confidence?

Every year, more than a million people are inspired by Jeff Yalden's messages, leaving them empowered by the palpable energy he leaves behind after every presentation. For more information, please visit www.JeffYalden.com

TO BOOK JEFF NOW, **CALL (800) 948-9289**

JEFF YALDEN:

*The Man Changes Lives!
The Man Inspires Lives!
The Man Saves Lives!*

THE INSPIRATIONAL

INFLUENTIAL MOTIVATIONAL & MENTAL HEALTH SPEAKER

Igniting Positive Change in School Communities!

Suicide Prevention Training & School
Community Crisis Intervention

A Day You'll Never Forget... Let It Happen!

When Jeff visits your community, he is present all day and in some cases for multiple days. You'll have a chance to ask your questions. This is an opportunity to get direct and professional advice from teen mental health & suicide prevention expert Jeff Yalden.

Continuing Education Credits

Have Jeff speak at your next in-service, community program, counselors, etc. and you'll receive credits to turn in for Continuing Education Credits.

Fall of 2013 we've already had two suicides. This follows student suicides in 2012, a staff suicide in 2013, two accidental student deaths, and the death of another staff member. All this in two years. Following the suicide in 2012 (the boy's father also took his life later that day), we gathered a group of individuals representative of the school and the community (law enforcement, mental health providers, local ministers, etc.) to determine what we could do as a school community to deal with our loss and prevent additional lives lost to suicide. During a recent meeting it was decided I should contact you about coming to our community to meet with our students, staff, and the community.

- Superintendent, Indiana

Suicide Prevention Training: Train Whole School District

Visit www.JeffYalden.com for Suicide Prevention Training and Crisis Intervention for your school community. Teachers and Staff Suicide Prevention Online Courses are available for the whole school district.

Jeff Yalden's legacy
will live on for years in
our community.

- Brett Boggs,
Superintendent,
Tippicanoe-Valley School
Corporation, Akron, IN



* **Teens have issues. Jeff understands them!**

* **Teens are maturing later. Jeff gets it and knows why!**

* **Teens aren't opening up. They're opening up to him!**

* **Jeff knows teens. Teens look up and trust Jeff. He gives hope and saves lives!**

Real Humor!

Real Stories!

Real Emotion!

Real Awakenings!

Jeff's real, honest, funny, and sometimes painful retelling of stories from his own life, together with his direct style, gets through to students. A **TEDx speaker** and skilled motivator, Jeff is dynamic in his presence and straight-talking as a speaker; he leads audiences through a hold-onto-your-seat-roller-coaster-ride.

HE TOUCHES HEARTS! HE CHANGES LIVES!

Jeff Yalden is the most in-demand youth motivational mental health speaker in the world. For motivational school assemblies, teacher in service suicide prevention presentations, parent and community programs, Jeff will make you a HERO and deliver a message the whole community needs to hear. His full day events are life changing and eye-opening as several students choose to talk to Jeff and new students enter the school's radar which weren't there prior to his visit. Jeff gets to the heart of the matter helping teens and families in their struggles together. He is a former Two-Time Marine of the Year recipient and Mr. New Hampshire Male America, 1990. Every year, over 1 million people are left inspired by the Jeff Yalden Experience and inexhaustible energy that permeates after he speaks.

Students will understand the transformative power of Jeff's 5 Golden Traits

- Personal Responsibility
- Healthy Relationships
- A Positive Attitude
- Strength of Personal Self
- A Loving Heart

No keynote speaker has ever
been as amazing as you! You
could go from the funniest thing
ever, making people laugh
uncontrollably, to the most
serious, sad, and emotional story
I've ever heard, all in an instant
and at the exact right moment...
It was simply amazing.

- Megan, Student Leader, PA
SADD

Without a doubt, the
best inspirational
speech I have ever
heard!

- Jackie, PA

COMMUNITY

or County Tour with Multiple Schools
Jeff Yalden is ready to make his visit
memorable and exciting!

This includes: School Assembly(s), Life Coaching & Mentoring with Counselor and students reaching out wanting to talk. Suicide Prevention Training for Teachers and Students. Parent and Community presentation: "It Takes a Village to Raise a Child - Always On, Never Connected: The Negative Impact of Technology and the "WHY" Behind America's Teen Suicide Epidemic."

**TWO TO THREE DAYS WITH
JEFF YALDEN IN YOUR
COMMUNITY**

**Schedule Jeff TODAY!
Your community will
THANK YOU!**

How can Jeff Yalden's Energy and Experience serve you and your community best? We look forward to hearing from you and giving you that "Ah-Ha!" Defining Moment Jeff Yalden Experience.

Jeff understands he's different, and that's what the students love about him. He's a yogi and practices self-care daily.

TAKE TIME TO THINK

Jeff Yalden is an award-winning, internationally acclaimed mental health motivational speaker who has an extraordinary ability to connect with people of all ages in all facets of life and circumstances. Since 1992, Jeff Yalden has impacted audiences - teens, adults, educators, mental health professionals, celebrities and families, and communities worldwide. Every youth conference from regional, state, to national events has hired Jeff. He connects with everyone - where they're at, inspiring them to move forward, take responsibility, and be their best advocate for themselves - whether they suffer from mental illness or they're just stuck in a rut.

THE JEFF YALDEN EXPERIENCE IN SCHOOLS AND COMMUNITIES!

PERFECT SPEAKER for middle school, high school, campus events, teachers, parents, and community, mental health professionals, and corporate wellness events

- Four Time Amazon Best Selling Author
- New York Times #1 Best Selling Co-Author
- Radio Show Host - "The Jeff Yalden Show"
- Celebrity Teen & Family Life Coach
- Podcast Host - "Mental Health & Motivation"
- Founder Non-Profit: The Jeff Yalden Foundation
- Spoken in 50 State . . . 49 Countries . . . Every Canadian Province
- Certified Speaking Professional
- 25 Years over 5 Million People
- **TEDx Speaker:** The "WHY" Behind Today's Teen Suicide Epidemic



Students, teachers, and counselors were impressed with your enthusiasm, sincerity, and quality message. The response was nothing short of

- M. Dziatczak, Asst. Principal, MI

"Best assembly in the world."

"You were a HUGE hit. Everyone loved you."

"This was the best assembly our school has ever had, says staff and students."

"At the end of his presentation, kids were giving him handshakes and hugs with both tears and smiles."

It was worth more than four years of college.

- T. O'Rourke, Principal, Bishop Nuemann HS, PA

Jeff says what our parents would say if they only knew how. He speaks with us, not at us.

- High School Senior

I wish everyone could hear Jeff Yalden's speech. It will truly change your life.

- E. Scheidemantle, PA



JEFF IS A CELEBRITY TEEN AND FAMILY LIFE COACH

Jeff reinforced concepts that are not only important to educators but students as well. I can honestly say that Jeff's presentation was unlike any other that I have attended.

- Scott Pyy, Asst. Principal
Wareham High School, MA

JEFF YALDEN

His show on MTV MADE helped an audience of **75 million people**. His radio show on the outskirts of Boston reached a weekly audience of **2.5 million people**. Every week Jeff created new content for families, parenting, and school issues. His no excuses style brings back old school morals and values speaking hard on discipline, respect, responsibilities, and righteous behavior before happiness. Jeff has always said, "It takes a village to raise a child." His parenting advice centers around being involved, balance, boundaries, and not being your child's best friend. Jeff speaks the truth and often shares thoughts and opinions that are hard to hear but need to be.

READY TO BOOK JEFF?

1-800-948-9289

WWW.JEFFYALDEN.COM

Follow Jeff . . .

- www.JeffYalden.com
- www.JeffYaldenBlog.com
- Facebook.com/JeffYaldenFoundation
- Twitter.com/JeffYalden
- Instagram.com/JeffYalden
- Youtube.com/JeffYaldenTeenSpeaker
- SnapChat: @JeffYalden

TED^x SPEAKER

MTV MADE
MUSIC TELEVISION



It was absolutely amazing how he connected with us. His talk was the most important think I have ever learned while in high school.

- Kyle, Student, PA



It is quite clear that you know your audience, and you care about our

- John Williams, Principal, Forrestdale School, MA



Jeff had the students at Enid High hurting with laughter, but when he paused you could hear a pin drop.

- Randy McClendon, STUCO Advisor, Enid High School, OK



The adults were as riveted as the students.

- Mike Clark, Administrator, Twinfield Union Schools, VT



The student and staff feedback was so incredibly positive. They just loved you.

- Courtney Landeheer, Leadership Advisor, Farmington High School, CT

Our students are known for not being able to handle assemblies. They have a short attention span . . . I have never seen an individual obtain the type of respect that Mr. Yalden commands.

- High School Administrator, PA



Not only is he a dynamic speaker, at New England College we found him to be a pleasure to meet and do business with.

- Sarah Punderson, Special Events Coordinator, New England College, NH

Undoubtedly one of the most stirring messages ever delivered to our graduating seniors.

- Barbara Gillis, Executive Assistant, Milton Hershey School, PA

You were hilarious and inspirational all in one!

- Michelle Hamilton, CASP Coalition Coordinator, CT

His message is clear and the students get it!

- Jennifer Simpson, Student Council Advisor, Clarion-Limestone High

His message is clear and the students get it!

Jennifer Simpson, Student Council Advisor, Clarion-Limestone High School, PA

Talk about making a huge impression!

- Marcia Zakin, Middle School Parent, PA

You were able to effectively engage a large number of students, allow us to experience sadness, happiness, and laughter all in teaching us about being great leaders and most of all, good

- S. Weston, Student Leader, CT

You poured your heart into every assembly and leadership workshop. You live by strong moral principles and the integrity of your life gives validation to the message of your presentation.

- Jason Nail, Coordinator, CCESC, Springfield, OH

What an assembly! Captivating, dynamic, fantastic, motivating, and inspiring are some adjectives that come to mind when I reflect on your presentation to our student body.

- T. Fragasse, Guidance Counselor, Dover HS, OH

This was the best assembly our school has ever had, says staff and students.

- Margaret Kristufek, PTSA, Conrady Junior High School, IL

We still have students and parents talking about your message.

- Keith Marshal, Principal, South Central Jr. Sr. High



The halls are literally buzzing with positive feedback from the students.

- Michael Williams, Principal, Hancock, Jr./Sr. High School, NY



“

In the month following Jeff's visit, the amount of disciplinary problems fell by 44%.

”

A. Almansberger,
Principal, Keshequa
High School, Nunda, NY



www.JeffYalden.com
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