

Confident and Motivated

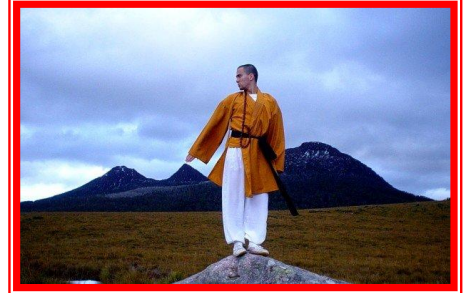
November 2009

Youth Motivation~

I would like to introduce you to a young man that had been continually bullied as a child. I met and mentored him 10 years ago and we've been friends ever since. Read on.

Jackie is a recent graduate of the Film and Television Production program at Humber College, yet in high school he did not get great marks. Jackie is currently working on a television pilot entitled, "Survivorchan" which follows him around the world as he experiences people and new adventures.

Jackie has a second degree black belt in karate and has trained in martial arts for 15 years. In 2004, he followed his childhood dream of living and training with the ancient **Shaolin Warrior Monks of China**.



"When I was a small boy, I had this dream to go live and train with the Shaolin Warrior Monks. I was told I would never be accepted as I was a "white" person and I would certainly never have the mental and physical strength to endure such hardship and training. I persisted and got the official go ahead to a distant mystical land that would forever change the way I view the world."

His journey to China made Jackie realize that any dream, big or small is possible. It also planted the travel bug in his veins and since then, he's traveled to many countries and discovered that his life's work is to inspire and motivate the youth of today. He is forever grateful to the few kids in elementary school who accepted him when he was bullied and

lost in the world.

He believes that everyone should experience a different way of life and culture. It enriches us and enhances the way we view the world and humanity, whether it be a negative or positive experience. He says that in our own culture, we make our lives far too complicated and often lose sight of what is really important: to appreciate what we have.

Jackie's advice to guys? *"Experience everything and everyone in this world. Don't make judgements ... make friends."* Jackie WL Chan www.survivorchan.com

Motivated Adults

Done!

... It's a wonderful word.

It means you have achieved, no matter how miniscule.

It means you have been victorious!

Done means you have won a battle against distractions from phones and e-mails.

Done means goodbye to a boring project, a sour relationship, a tough semester or a bad day.

Done means you can move onward and upward to bigger and better!

Done means complete.

Done is really a wonderful word!





Feedback Mailbox

FROM ADULT PRESENTATIONS:

"I have had a momentous afternoon. This brought to light what I need to remember about staying positive."
Claude Leblanc ICAN

"Excellent workshop. This should be mandatory for our entire service."
Diane Wilkins- Greater Sudbury Police Service

"You speak of Inspiration - YOU ARE an inspiration!"
Johanne Ramsay ICAN

"We need more workshops like this to boost morale and teambuilding."
**Crystal Graham- Canadian Mental Health Association
Sudbury/Manitoulin**

"Loved every minute of it and appreciated your insight and knowledge but especially your sense of humour!"
Christine Lafortune CMHA Sudbury



FEEDBACK FROM PRESENTATIONS TO YOUTH OR PARENTS:

"Everything I heard was fascinating and makes sense. I just want to know more!!"
Cathy Cocker (Parent) Eagle Ridge PS Ajax

"Very Motivating! Congratulations on holding teenagers attention for so long!"
Christine Massimiliano (Teacher) Marymount Academy



What is it?

I created this quiz to use in school workshops but it is a top ingredient in successful adult relationships too. This is a word that is taught in all schools yet you will rarely hear youth use it. Can you guess what it is?

1. Everyone wants it.
2. Like blood, you can give and give.
3. It feels good to have it.
4. Like a new outfit, it looks really good on you.
5. People rarely tell each other they feel it for one another.
6. If your kids tell you they feel this about you...you will feel proud!!
7. It is one of the highest honours you can bestow on someone.
8. When you tell yourself you are important or someone else is important... this happens.
9. You may never have been told that someone feels this about you but you'll know by the way they treat you.
10. It affects every relationship you will ever have from religion, friends, boss, teachers, crushes, siblings, parents, neighbours, classmates...especially your relationship with yourself.

I will tell you the answer in December's *Confident and Motivated* newsletter.

Monique Howat

~helping people and organizations reach a higher state of motivation~

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