

**Al “*The Inspiration*” Duncan is like a breath of fresh air -- stimulating!**

As “*America’s Leading Youth Empowerment Advocate*” and a thought leader in the field of self-development, Al is a columnist and blogger for IMDiversity and The Black Collegian Magazine. His blog, **Elevate U™**, is read weekly by students across the globe. He is the Executive Publisher of Nile Valley Press and president of Al Duncan Enterprises. Al is the author of two books, including **Get ALL Fired Up!™** (July 2008 Nile Valley Press \$14.95). Al has been awarded the **President’s Call to Service Award**, for his outstanding service in the field of youth development and empowerment.

**Devastated, but not defeated**

Al was born and raised in one of the most dangerous neighborhoods on the planet in North Philadelphia and by today’s standards, would’ve been **labeled an “at-risk” student**. When he was 5 years old he was molested by a male friend of the family. Emotionally traumatized, it took him years to remember what happened. At the age of 15, Al’s world was torn to shreds again when he found out that his father, his childhood hero, was addicted to crack cocaine.

**Devastated, but not defeated**, Al refused to allow his personal problems stop him. He went on to enjoy careers as a professional saxophone player and a professional chef. His father’s struggle and incredible recovery taught Al that **failure is only permanent if you quit**.

At the age of 24, he walked away from his musical career and took on the tremendous responsibility of raising his youngest brother who was 12 years old at the time.

Today, as **Cross-Generational Communication Specialist**, Al is a high energy, high content, high impact speaker, lecturer, and motivational powerhouse. **He has delivered 1100 keynotes and seminars to 600,000 people**. He is also the former executive producer and host of The State of the Mind Address, a self-development television program.

Al serves on the Fulton County Workforce Investment Board of Directors, the Fulton County Youth Council, and he is also the steering committee chairman and Life Skills Coach for the Butler Street YMCA’s **Multicultural Achievers Program**.

From Africa to Brazil, from the United Kingdom to the United States, Al's expertise as a Life Skills Coach is always in demand. His international client base includes entrepreneurs, professionals, students, couples, and people that are looking to optimize their chances of creating a life of abundance.

Al's expertise in the field of self-development has been sought after by a long list of organizations and institutions including FCCLA (Family, Career, and Community Leaders of America) the Georgia Adult Education Association, the University of Connecticut, Claflin University., Johnson and Wales University, Clark Atlanta University, Spelman College, Morehouse College, Georgia Tech, and the University of Georgia. He has also been the keynote motivational speaker for various government agencies including the Social Security Administration and at events sponsored by Bank of America and the U.S. Department of State for Youth.

Al is married to Renee Ross-Duncan and is the proud father of Mekhi Duncan.

Looking at Al's life it's easy to see why he's called "The Inspiration". Al's diligence and determination are second to none. He emphatically declares that - **"You are guaranteed to win once you defeat the enemy within because... It's ALL mental!"**

For photos of Al visit [www.alduncan.net/photos.html](http://www.alduncan.net/photos.html)