

Al Duncan :: The Millennial Mentor™

Known as **The Millennial Mentor™**, Al Duncan is the world's leading motivational speaker for at risk youth and troubled young people. An authority on the Millennial Generation, Al has spoken to nearly one million young people from around the world. He is frequently called upon by the media to share his expertise and he is the author of *My Success Journal For Young People* and *Get ALL Fired Up!*™ He is the founder of *Young Folk Today!*™ and he is a columnist and blogger for The Black Collegian Magazine. Al has been awarded the **President's Call to Service Award** and **The National PTA Lifetime Achievement 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 to 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 a **Cross-Generational Communication Specialist and America's Leading Youth Empowerment Advocate**, Al is a high energy, high content, high impact speaker, lecturer, and motivational powerhouse.

Al serves on the American InterContinental University School of Business Advisory Board, the Fulton County Workforce Investment Board of Directors, the Fulton County Youth Council, and is also the steering committee chairman and Life Skills Coach for the Butler Street YMCA's Multicultural Achievers Program. He is also the former executive producer and host of The State of the Mind Address, a self-development television program.

Al's expertise in the field of self-development has been sought after by a long list of organizations and institutions including:

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| ✓ The Army Reserve Child, Youth, and School Services | ✓ Spelman College | ✓ Georgia Tech |
| ✓ The National Guard Youth ChalleNGe Program | ✓ Morehouse College | ✓ University of Georgia |
| ✓ University of Connecticut | ✓ Johnson and Wales University | ✓ The Georgia Adult Education Association |
| ✓ Clark Atlanta University | ✓ Claflin University | ✓ FCCLA (Family, Career, and Community Leaders of America) |
| | ✓ South Carolina State University | |

...and many more!

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!"