

Our speaker today, Al “The Inspiration” Duncan is like a breath of fresh air--stimulating!

Recognized as **America's Leading Youth Empowerment Advocate**, Al is a World-Class Motivational Speaker, a Self-Development Expert, and a columnist and blogger for IMDiversity and The Black Collegian Magazine. Al has been awarded the **President's Call to Service Award**, for his outstanding service in the field of youth development and empowerment.

Growing up in a dangerous, poverty stricken neighborhood, being molested as a child, and drug abuse in his immediate family, by today's standards, Al would've been labeled an at-risk student.

Devastated, but not defeated, he went on to enjoy careers as a professional saxophone player and a professional chef. 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.

A high energy, high content, high impact speaker, lecturer, and motivational powerhouse, Al is the former executive producer and host of his own TV show. He has delivered 1100 keynote speeches and seminars to nearly 600,000 people and is the author of two books.

Al's main philosophy in life is: “You are guaranteed to win once you defeat the enemy within because... **It's ALL mental!**”

Put your hands together for – **Al “The Inspiration” Duncan.**