

Our speaker today, Al Duncan, is known as The Millennial Mentor™. He is the author of three books, including *My Success Journal—For Young People* and *Get ALL Fired Up!™*. An authority on the Millennial Generation, Al is frequently called upon by the media to share his expertise and has spoken to nearly one million young people around the world. He also owns three successful businesses. He 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.

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, a professional chef, and he is the former executive producer and host of his own television show. 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.

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