



Psychologically Speaking

Escape the Cocoon of Self-Limiting Beliefs and Free the Champion Within

Have Couch... Will Travel!



Dr. Jack Singer, Professional Psychologist • Author • Humorous Professional Speaker

MOST FREQUENTLY REQUESTED PROGRAMS:

DEVELOPING & MAINTAINING THE **MINDSET OF A CHAMPION**, DURING UNCERTAIN TIMES.

Dr. Jack shows your audience how to be **consistent winners**, despite the inevitable obstacles they face.

Your attendees will learn how to:

- ✓ Recognize and overcome the number one fear preventing consistent peak performance in their professions;
- ✓ Bounce back quickly from setbacks;
- ✓ Employ a 5-minute mental toughness routine each day, to keep the winner's edge.

POWERFUL PRESCRIPTIONS TO PREVENT **HARDENING OF THE ATTITUDES!**

The **Road to Remarkable** Attitudes Begins Today!

Your attendees will learn how to:

- ✓ Recognize the exact thoughts that cause hardened attitudes at any moment;
- ✓ Adopt a powerful technique to eliminate the belief patterns that underlie negative, self-defeating attitudes;
- ✓ Re-program their "internal dialogue" in order to maintain healthy, optimistic attitudes, regardless of circumstances that are out of their control.

ALL **STRESSED UP** AND NOWHERE TO GO!

Finally, a **Stress Mastery** Program that Really Works!

Your attendees will learn how to:

- ✓ Bounce back from tough times and unforeseen obstacles;
- ✓ Permanently buffer themselves from stressors;
- ✓ Develop powerful resiliency skills.

RAVE REVIEWS:

*"The **MOST IMPORTANT** and **VALUABLE** programs I've heard in my field for years! I would definitely bring Dr. Jack back again."*

Audrey Kamin, Regional VP, Sales, Met Life

*"Dr. Jack is **THE MOST POWERFUL** self-improvement speaker I have ever heard in my professional career!"*

Sarah Hunter Reed, Meeting Planner, Meritas Health

*"Jack's presentation is of **SUPREME VALUE**, not to be missed!"*

Michelle Burns, Meeting Planner, Air Resources Board

*"Fantastic. This was a **MUCH NEEDED** session for me, both professionally and personally. Thank you, Dr. Jack!"*

Julie Connor, Financial Advisor, Multi Financial

A FEW PAST CLIENTS:



ABOUT DR JACK SINGER:

Professional Psychologist, Dr. Jack Singer, “Has Couch...Will Travel!”



When **CNN**, **MSNBC** or **Glen Beck** want an expert to explain the psychology behind the people and stories in the news, they call on **Dr. Jack Singer!**

When **Fox Sports** or **ESPN** want an expert to explain the psychology behind an athlete’s performance or team Issues, they call on **Dr. Jack Singer!**

THE NEED FOR DR. JACK’S PROGRAMS

With today’s economic turbulence, political uncertainty and competition abounding, everyone is concerned about their security, their job stability, their ability to maintain high performance levels, their stress, and even their health. Whether your audience is made up of sales professionals, advisors, HR experts, medical practitioners or professional educators, Dr. Jack will show them powerful psychological secrets for **overcoming every obstacle** they face and how to release their true potential.

EXPERTISE and RETURN ON INVESTMENT

Dr. Jack provides your audience with the most **bang for your buck**. With Doctorate and Post- Doctorate degrees in Industrial/Organizational, Clinical and Sport Psychology, teaching on the faculty of 7 universities, publishing three books and more than 170 articles, and professionally speaking for hundreds of organizations and associations, Dr. Jack **maximizes your ROI** with a combination of real expertise, presented in an upbeat, energetic, and highly entertaining style that makes for a tremendously valuable and riveting keynote or workshop!

CUSTOMIZATION

With more than 37 years of experience as a Licensed Industrial/Organizational and Clinical/Sport Psychologist, Dr. Jack has helped everyone, from assembly line employees to Olympic and World Champion athletes to reach their goals and he will teach your attendees how to **“Develop & Maintain the Mindset of a Champion,”** regardless of the specifics of their jobs. His pre-program research will guarantee that his program is specifically directed to the actual obstacles and challenges that they are facing.

AUDIENCE TAKE-AWAYS

Dr. Jack packs his programs with jewels of wisdom and easy-to-master skills that his attendees can **put into use right away**.

ENTERTAINMENT

Dr. Jack makes sure that all of his audiences are entertained, as well as enlightened. He even appeared on an episode of **“Here’s Lucy,”** with the Queen of Comedy herself, **Lucille Ball**, so he understands exactly how to rivet his audience by weaving humor and fun into all of his programs.

Booking Dr. Jack Singer will guarantee the success of your meeting!