



Is the Powerful Giant within You Awake and Ready to Achieve Greatness?

This workshop for college students is based on the book *You Become What You Say, 2nd Edition*, and is a recipe for college student success. This book illustrates how your words, thoughts, and actions shape your accomplishments. The author, **Gabe Hamda, Ph.D., SPHR**, is an animated, inspirational, entertaining, and hands-on motivational presenter who welcomes opportunities to bring his message of positivity and optimism to college campuses.

Why This Book?

As a graduate student at Florida State University, Gabe Hamda facilitated workshops on “How to Study and Succeed at College” for freshmen students who were the first in their families to attend college. Through this experience, Dr. Hamda saw firsthand how college students, who are at the start of their adult lives, benefit significantly from learning how to make positive, life-affirming thoughts and actions central to everything they do.

Grounded in empirical research and Dr. Hamda’s years of professional experience in learning and human performance development, this book and presentation contain key messages such as:

- **Positive Self-Talk:** How to Reframe Your Words for Positive Action
- **Reflective Planning:** How Best to Mine Your Past to Guarantee Future Success
- **Generosity:** How Your Giving Makes a Difference
- **Gratitude:** How Expressing Gratitude Reaps You Abundant Joy and Happiness
- **Networking:** How Making Connections Generates Limitless Possibilities
- **Coopetition-Oriented Teamwork:** How Collaborating with Your Rivals Creates a Win-Win
- **Giving Back:** How One Person Has the Potential to Build a Better World
- **Excellence Over Perfection:** How Perfection is the Enemy of Good

Presentation Format

This presentation is in workshop format, consisting of sharing key information, hands-on group and individual activities, and report out. Workshops may be scheduled at any time of day -- based on availability and at the convenience of participating students and staff -- for small or large groups of 100 students or more. Up to 100 autographed books will be available for students at no charge.

Presentation Fee

The presentation fee is \$5,000. This is an all-inclusive flat fee, which includes availability of Dr. Hamda for one day for one or multiple presentations within a day and for small group consultation. Travel and other expenses, as well as the autographed books are also included in this fee price. The hosting organization will be responsible for a presentation facility and presentation audio-visuals.

Schedule Dr. Gabe Hamda to Speak at Your College

- **Call:** (904) 382-5471 or
- **Email:** info@icatt.net