

I Am the  
Author of  
My Own Life  
Story.



A Program for Change  
with  
Sean McLeod



Booking Details

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The "I Am the Author of My Own Life Story" workshop is an unique approach to emotional development powered by the arts including: music, dance, and comedy, critical writing sessions, and a tangible life skill development process using direct and fear reducing participant conversations called "Talk arounds". With self responsibility and accountability at it's foundation, "I Am the Author of My Own Life Story" was created by the multi award winning Producer, American Choreographer and Motivational Expert Sean McLeod, and has been called revolutionary by several seasoned educational and mental health professionals.

The workshop design engages a simultaneous multiple level delivery of specific personality development tools for staff and the served demographic. The workshop include: Conflict Resolution, Personality Management, Emotional Exploration Tools, Self-Help Module Training, Personal Responsibility Implementation Program;

Includes: Integrated Staff Training: exempling unique approaches to interaction with inner-city youth;

Includes: Custom Designed Performance Construction: including choreography & movement orientation, music, personal story script design, group writing socialization skills

Delived in a multiple day configuartion, the workshop draws on the specific challenegs of the participatong demographic, staff and faculty to present a program that has quantifiable and comparible results nearly instantly. The workshop also has a follow up componet that provides staff and future faculty the understanding to carry out and repeat the most important elements of this tangible tool providing process of success.

Ms Jill Green  
Coordinator of Education  
Auburn Residential Center  
6734 Pine Ridge Road  
Auburn, NY 13021

7-23-2007

Dear Ms Green,

On June 21<sup>st</sup>, I had the pleasure of attending a special event at the Auburn Residential Center. The production was called "I AmThe Author Of My Own Life" and was choreographed and produced by Sean McLeod. It is my understanding that Mr McLeod worked with these young women for only a few short days. The outcome of his work with them was remarkable.

I am a nurse practitioner and have worked with high risk urban youth in the city of Rochester NY for over 15 years. My specialty is adolescent medicine and providing care to underserved population. I am acutely aware of the hardships, abuse, and lack of family support that many impoverished urban youth endure; not unlike the young women in your facility. I am also aware of the protective barriers that many youth develop in order to survive yet another abuse or emotional let down. Feelings of mistrust and anger lead to disengagement. Why wait for the world to reject you, when you can reject the world first? I am aware of how very difficult and many times impossible it is to truly reach young people that have endured so much. I have suffered from my inabilities as a primary care provider to break through those walls. I have seen many mental health professionals voice the same frustrations. In my experience it is a rare and gifted person that is able to truly impact the lives of these young people. Sean McLeod is one of these people. What he accomplished in a few short days is nothing short of miraculous. I have written grants and developed programs with accomplished mental health providers implementing Best Practice programs to a similar population.

I have yet to see outcomes rival those of Mr. McLoud. He was able to get these young women to believe in themselves, accept responsibility for their actions, learn to trust again and teach them how to let go of their pain and suffering.

Your facility is an ideal setting for continuing this program. Within the community it is difficult for young people to maintain their commitment to youth development programs due to transportation issues, other responsibilities and distraction from peers. Your residents are a captive audience that obviously gives you enormous advantage over community based programs.

You have given these young women a wonderful gift. At the end of the program I saw a light in their eyes and for the first time in a very long time they believed they had control over their futures and their lives could be different. I would love to know how they do once they return to the community. Do you collect follow up data on your residents after they leave? Comparing outcome data on residents who do and do not participate in Mr McLeod's program could provide compelling evidence of great interest to several professional communities.

I apologize for being so long winded however we share a common interest; improving the lives of disadvantaged youth. It is my hope you will embrace the uniqueness of this program and strive to ensure that this program continues within your setting. Thank you for your time.

Best Regards,

Maureen Van Cura RN MS FNP  
EdD candidate  
Professor of Nursing  
St John Fisher College  
3690 East Avenue  
Rochester NY 14618

# Motivational Speaking, Inspirational Facilitation.

with Sean McLeod

## COMMENCEMENT AGREEMENT

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### **Desired Package:**

60 minute Company Motivational Speaking

*Cost: \$5000 + Travel & Hotel*

2 hour Company Motivational Speaking,  
Inspirational Facilitation.

*Cost: \$7000 + Travel & Hotel*

Half-Day Company Motivational Speaking,  
Inspirational Facilitation, & Management  
Facilitation.

*Cost: \$8000 - \$10,000 + Travel & Hotel*

Full-Day Company Motivational Speaking, Management  
Process Cultivation, Visioning, & Implementation

*Cost: \$12,000 - \$14,000 + Travel & Hotel*

*(Fees may vary based on number of participants or for regional events.)*

comments:

*(Final expenses subject to change based on energy costs and hotel accommodations, if applicable.)*

### **Waiver and Release:**

Your signature below indicates you have read, understand, and comply with all details in this agreement. Client(s) also consent(s) to the use of names, photograph(s) and video (that may include them) for occasional advertising and/or promotions. Such material includes, but is not limited to newspapers, television, advertisement, and columns.

**To proceed with this booking:** sign and return this page with a deposit payable to **Sean McLeod** for half of the package amount. Remaining balance necessary prior to first performance.

Signed: \_\_\_\_\_  
client

Date: \_\_\_\_\_

Signed: \_\_\_\_\_  
Sean McLeod or Authorized Rep.

Date: \_\_\_\_\_

(Check payable upon completion, on the final day of the program)

Please make check payable to: **Sean McLeod**

NY Institute of Dance and Education  
253 East Genesee Street  
Auburn, NY 13021

## Reaching for Higher Ground Consulting

A division of the New York Institute of Dance and Education

### Requirements

#### **Audio / Visual**

- Mr. McLeod will need a DVD-capable projector, screen, and sound amplification set up and ready for use.
- Sound will be for the DVD presentation portion, and Mr. McLeod, please have a lavalier body mic available if needed.

#### **Video Capture Support**

- If your company has DV/HD Cameras available, we request the use of two or three of those cameras to capture this educational event. Any students or staff volunteers that could help operate the cameras under the direction of Mr. McLeod, would also be appreciated. Memory cards or tapes will be provided by Reaching for Higher Ground Consulting.

#### **Food & Beverage**

- meals and beverage should be provided by our host company, with water and juice available throughout the day.

#### **Hotel & Travel**

- An quality accommodation should be made at a near by Hotel. Meals and beverage should be provided by our host company, with water and juice available throughout the day. Travel should be assed at the mile rate used for the state in which the booking made.