

Leaders in Life Conference 2015

In the Leaders in Life Conference I learned many things about leadership, stress management, and belief. There were speakers such as Jim White, the Boron Football Team, and the main speaker Cedric "Mr. Breadcrumb" Crawford. All these speakers brought something to the table that everyone can grow and learn from. Also, there were classes where they talked about stress management and different types of leaders.

The classes we had were very informative. The first class we went to was a class about different types of leaders. They talked about the importance of being a versatile leader and being a leader that is willing to make sacrifices. The overall class was very confusing and hard to understand but that part stuck to me. The second class was about stress management and what you should do if you are stressed about school, your social life, or relationships. I understood this class a lot better and found it very useful. I learned to be able to picture a meadow when I feel stressed and to not exercise or eat 2-3 hours before I sleep. I feel that exercising these things can help me do better at school. Overall, the classes we had were very educational and I took away a lot of things from them.

The speakers at the Leaders in Life Conference were very motivational and they each drove a great message. One of the speakers was the Boron football coach. The Boron football team was selected by the NFL to go to Arizona and watch the Super Bowl. The town of Boron is very small and their football team only had 18 players. The coach told us that anything is possible. If a team of 18 from Boron, CA can achieve huge things, then you can too. The next speaker was Jim White, the cross country coach from the movie McFarland, USA. He had a very

similar message to us. He said that if a small cross country team from McFarland can achieve their dreams, then we can too. He also said we have to work hard and keep our eyes set on our goal. The last speaker, but definitely not the least was Cedric "Mr. Breadcrumb" Crawford. Crawford was a very energetic figure, he was very entertaining, and he presented a great message. He told us the keys to become successful people like Mark Zuckerberg, Albert Einstein, and Michael Jordan. He presented the keys as "PIE". The P stood for passion. We have to have a passion in what we do and enjoy what we do. We cannot let money get in the way of our passion. The I stood for ideas. We have to have an idea of what we want to achieve and what goals we have for ourselves. The E stood for execution. Execution means that you have to be able to execute on your idea. You have to be able to prove that you can put your idea into play. The speakers at the conference were very enjoyable and I learned a lot of things from them.

Overall, the Leaders in Life conference was a great, inspiring, and educational experience. I took away a lot of information from the speakers and classes. I am very glad that I chose to go to this event and I hope to go again.