



**ALEX**



**"92% OF PEOPLE DON'T  
ACHIEVE THEIR GOALS."**

**- UNIVERSITY OF SCRANTON**

**WHAT YOU DO MATTERS  
YOU  
ARE A  
LEADER**

**ALEX WEBER**

# ***POSITIVE ENERGY***

ALEX  WEBER

# ***POSITIVE ENERGY***



***"CONSISTENTLY IMPROVES PERFORMANCE."***

ALEX  WEBER



# POSITIVE ENERGY



**"CONSISTENTLY IMPROVES PERFORMANCE."**



**"INCREASES PRODUCTIVITY BY 13%"**

**ALEX WEBER**

# POSITIVE ENERGY



**"CONSISTENTLY IMPROVES PERFORMANCE."**



**"INCREASES PRODUCTIVITY BY 13%"**

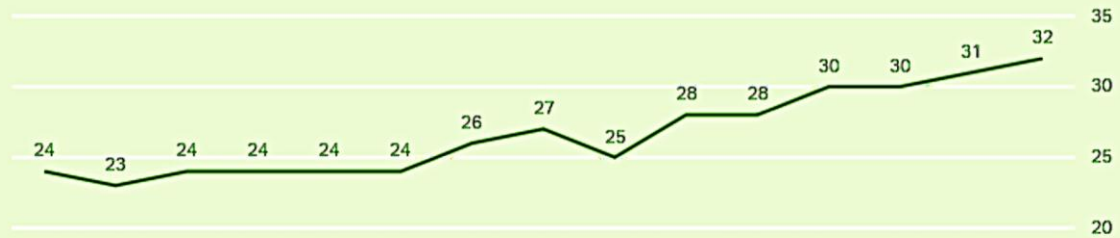


**"ADD UP TO 12 YEARS TO YOUR LIFE."**

**ALEX WEBER**

## World's Negative Experience Index Rises to New High

— Negative Experience Index



**RECORD-SETTING LEVELS OF *NEGATIVITY*;  
AND *INCREASING* EACH YEAR.**

GALLUP

**THE MAJORITY OF OUR THOUGHTS ARE  
*NEGATIVE, REPEATING, AND CONTAGIOUS.***



**RECORD-SETTING LEVELS OF *NEGATIVITY*;  
AND *INCREASING* EACH YEAR.**

GALLUP





# 1. BRAVELY CLEAR

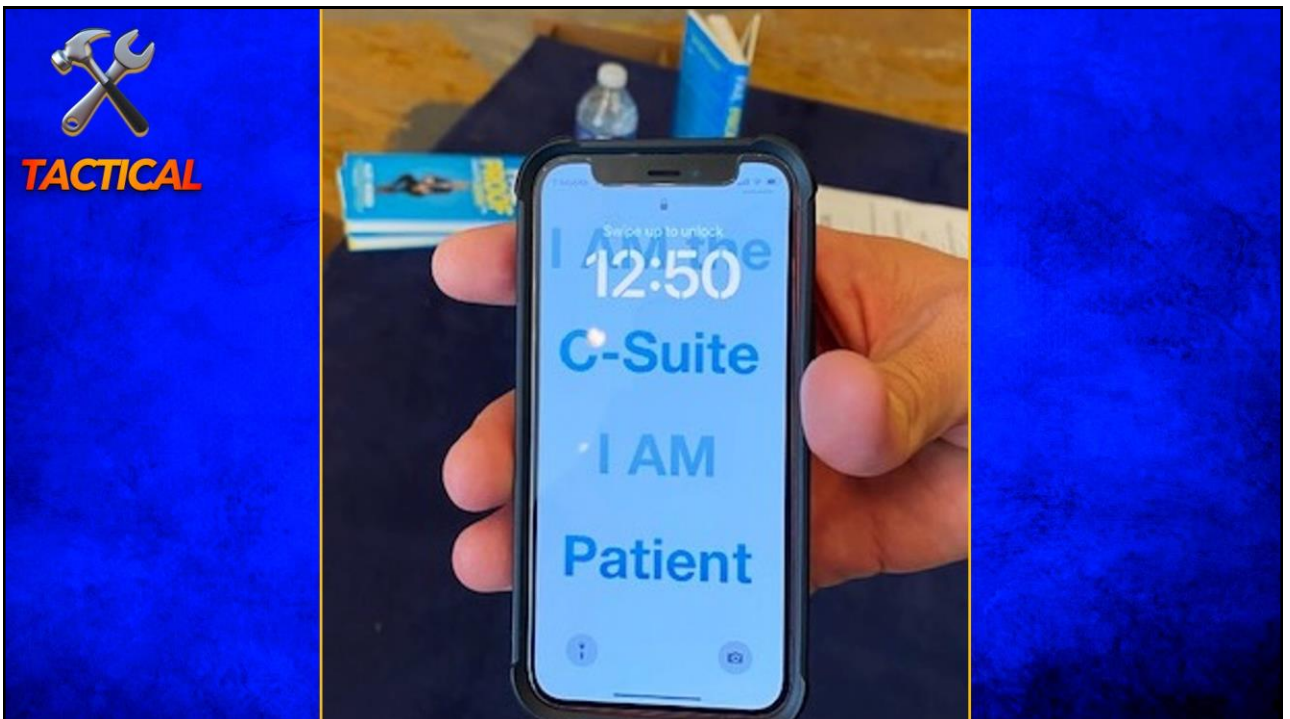
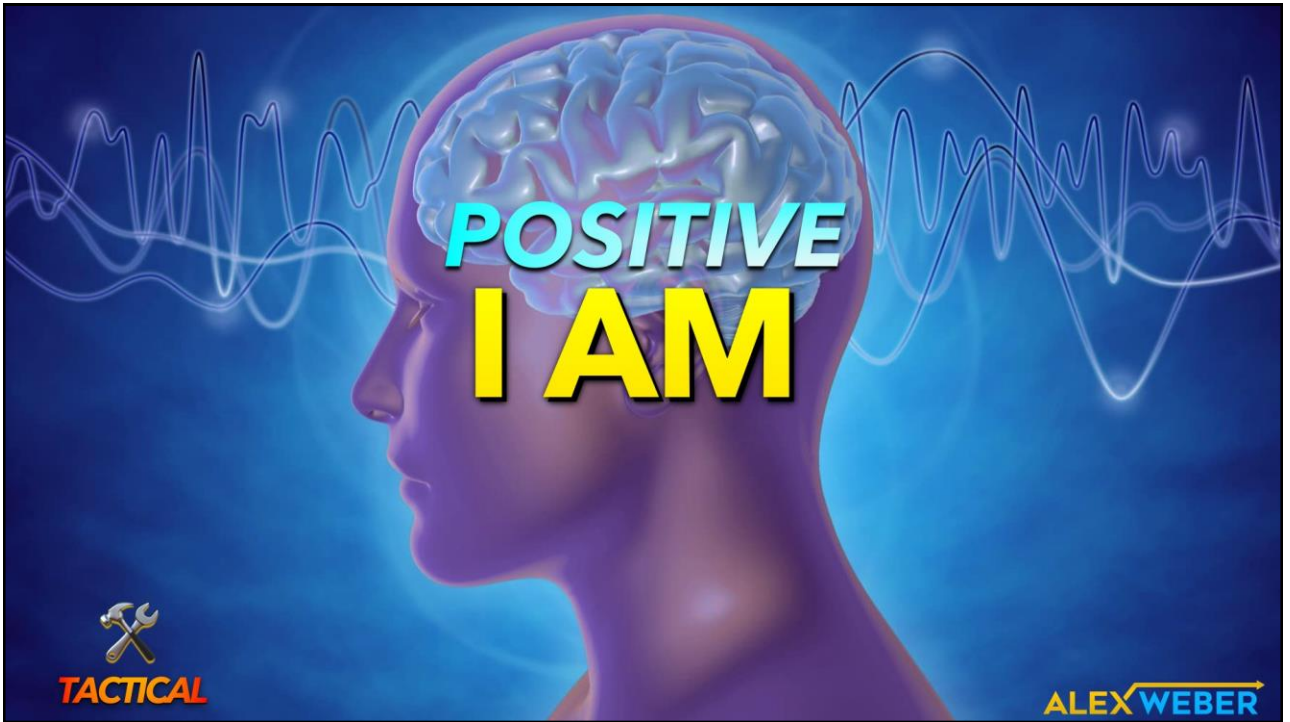
ALEX WEBER



**WHAT DO YOU  
REALLY WANT?**













**WHEN YOUR LIFE  
CHANGES**



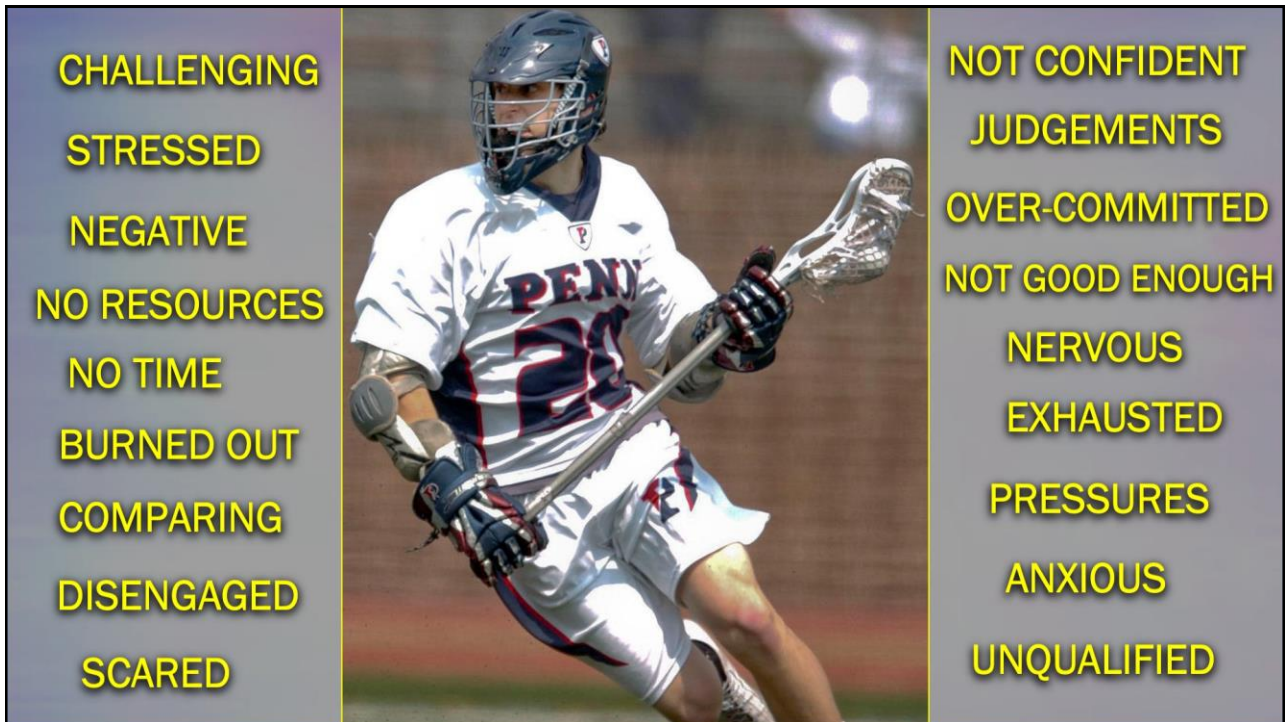


# 3. QUIT OR COMMIT

ALEX WEBER







***"THE BIGGEST COMMITMENT  
YOU MUST KEEP IS YOUR  
COMMITMENT TO YOURSELF."***

***NEALE DONALD WALSCH***





# 3. COMMIT NOW

# 4. CONNECT AND SHOW UP

ALEX WEBER

# CONFIDENCE BANK

LEARN

**ACTION**



**BELIEF**

IMPROVE



CHALLENGING

STRESSED

NEGATIVE

DRAINED

APATHETIC

BURNED OUT

COMPARING

HECTIC

SCARED



NOT CONFIDENT

JUDGEMENTS

OVER-COMMITTED

NOT GOOD ENOUGH

NERVOUS

EXHAUSTED

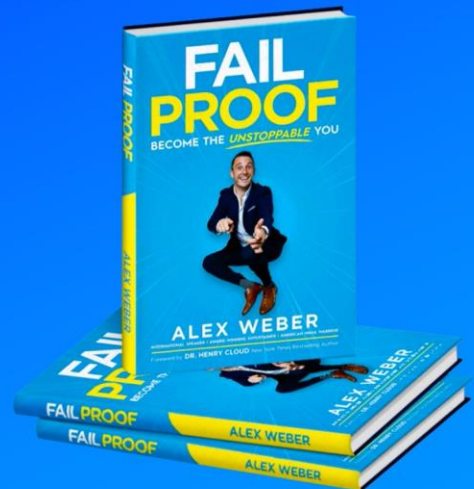
NEGATIVE

PRESSURES

ANXIOUS

UNQUALIFIED





amazon  
BARNES & NOBLE







***WE ALL FALL.  
BUT HOW **YOU LEAD**  
DECIDES EVERYTHING.***

**ALEX**  **WEBER**



# YOUR CHALLENGES *CREATE* YOUR GIFTS

ALEX WEBER


## **UNSTOPPABLE LEADERSHIP**



ALEX WEBER



# LOS ANGELES CHAMPIONS



## BIG RED COACH of the YEAR

### alex WEBER

#### RECORD: 15-4

BY SAM SACHS

Interim head coach for the Los Angeles-area champion Wolverines lacrosse team, Alex Weber is the Big Red Coach of the Year. Weber was named interim head coach in January after previous head coach Jay Pfeiffer resigned and he has not looked back since.

Weber led the team to a share of the Mission League championship, a second place finish in the Southern Section and the aforementioned Los Angeles-area championship.

"I'd like the community of Harvard-Westlake lacrosse to continue to grow. We have a very special group between the players, parents, coaches and school. It's a wonderful to be a part of, and growing it can only lead to good things," Weber said.

This lacrosse community includes Mission League Player of the Year, Jack Temko '14. Temko offered high praise for his coach.

"He can get us hyped up for anything," Temko said. "He's just a good guy and loves lacrosse. He is the best

deficits on their way to a 15-4 record including an 8-2 league record. Before assuming head coaching responsibilities for the Wolverines, Weber was an assistant last spring.

Weber played collegiate lacrosse at the University of Pennsylvania where he was a four-year letterman and he earned Academic All-American honors his year.

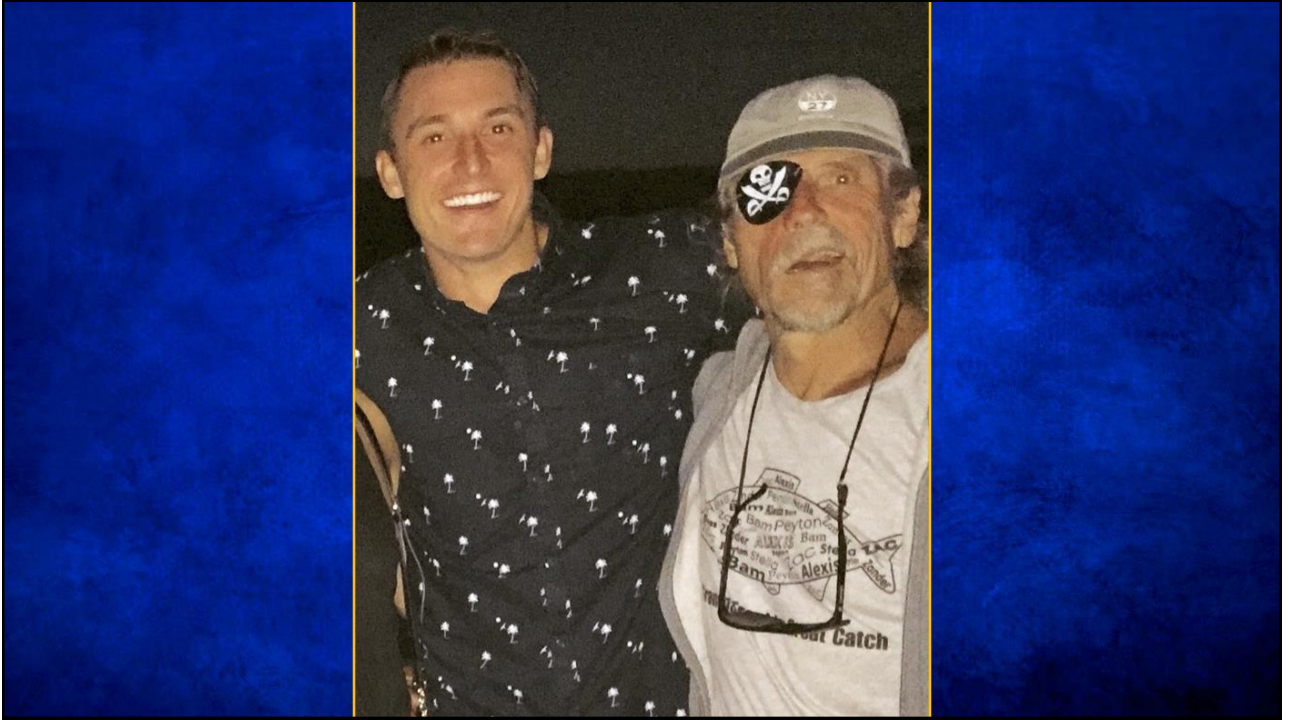
The interim head coach skilful a sense of discipline year's Wolverines. Weber into the season focusing, proving the decision making young team and trying to eliminate errors.

Despite injuries to many Wolverines lacrosse players including two of the eight on the team, Luke Holthausen Nick Nathanson '13, Weber able to keep the season on utilizing the squad's depth.

"My expectations were to be prepared and play out each and every game," Weber said.

# UNSTOPPABLE LEADERSHIP

# PERSON UNDER THE PATCH



**YOUR  
CHALLENGES  
CREATE  
YOUR GIFTS**

**ALEX WEBER**





# **FLOATS** & **ANCHORS**

## **FLOATS**



**HABITS** INTERNAL & EXTERNAL



**SELF TALK**



**PEOPLE**



# ***GIVE YOURSELF A NICKNAME***

## ***ANCHORS***



**HABITS** INTERNAL & EXTERNAL



**SELF TALK**



**PEOPLE**





# LEAD YOUR REACTIONS

**"Once triggered, I have a physiological experience.**

**After 90 seconds, it's over.**

**If, however, it continues then it means that**

**I have chosen it."**

**- DR. JILL BOLTE TAYLOR  
HARVARD BRAIN NEUROANATOMIST**

**STACK  
FLOATS & LIMIT  
ANCHORS**



**YOU ARE AT YOUR BEST  
WHEN *PEOPLE NEED YOU***

**ALEX  WEBER**

**NEW ORLEAN SAINTS  
HOUSTON ASTROS  
LAS VEGAS GOLDEN KNIGHTS  
NEW YORK YANKEES  
BOSTON RED SOX  
BOSTON BRUINS  
NEW ENGLAND PATRIOTS  
JAPANESE NATIONAL SOCCER TEAM**



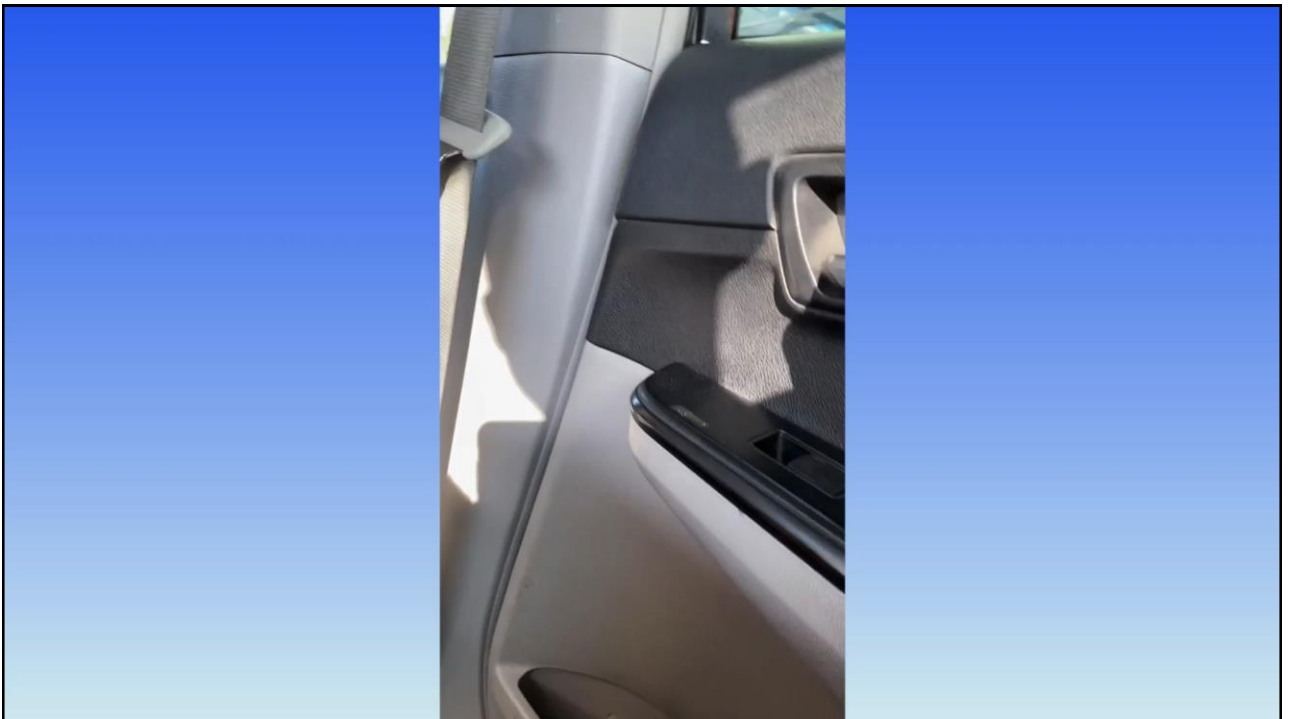


# WHO NEEDS **YOU?**









# YOUR **UNSTOPPABLE** KIT



- Free **BOOK PFD**
- **FLOATS** Resource
- Alex **SPEAK** to **YOUR GROUP!**
- **Connect Direct** with Alex
- Alex's Podcast & More!

1. CLEAR
2. CLAIM
3. COMMIT
4. CONNECT
5. **CHOICE**









**FLOATS  
RESOURCE**

**CONNECT**



**ALEX WEBER**  
ALEX@IMALEXWEBER.COM  
@IMALEXWEBER