



Alvin Day Motivates Jamaicans at Empowerment Breakfast

May 02, 2016

May 02, 2016 - PRESSADVANTAGE -

Well-known author and transformational keynote speaker, Alvin Day, recently treated guests at an Empowerment Breakfast in St. Andrew to an inspiring message.

Held in March, the Empowerment Breakfast was in aid of the Optimist Club of St. Matthew's Kingston, the St. Matthew's Anglican Church, and the Allman Town Primary School, all based in Allman Town. The event took place at the Knutsford Court Hotel in New Kingston and saw Alvin Day delivering a message of hope and power to guests, including members of the business, religious and education community.

Day, who has travelled the world as a keynote speaker and leadership coach, spoke on the importance of personal leadership and working together as Jamaicans. His message called for Jamaicans to work together much more, in order to move forward as a nation.

"We hated dependence. We relished 1962 when we got our Independence but Independence has become a

trap,? said Day, referring to his presentation at the event. ?We will only be able to live up to our potential when we move from independence to interdependence where we learn to collaborate with each other, trust each other and be a team.?

Day?s keynote speech came ahead of a charitable presentation to the Allman Town Primary School in aid of their Technology Intensive Literacy Programme. Patron of the Empowerment Breakfast, Kandie-Lee Crooks Smith, collected the cheque of \$100,000 on behalf of the school. Crooks Smith is the principal of the school and recipient of the 2015-16 LASCO-Ministry of Education Principal of the Year Award.

At the end of the event, Day had a special meet and greet session with some of the attendees, including students from the Allman Town Primary School. During this session, patrons were treated to words of courage and personal power from Day, who also discussed his bestseller book, ?If Caterpillars Can Fly, So Can I,? and signed autographs.

Alvin Day?s presentation at the Empowerment Breakfast is among the latest efforts by the internationally known leadership coach and keynote speaker to spread his message of prosperity and business success. The event was supported by a number of players in the Jamaican media and business landscape.

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Alvin Day

Alvin Day is a Jamaican-born leadership coach and transformational keynote speaker who has helped several multi-national corporations increase revenues and boost morale and has led individuals to gain raises and promotions.

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