



ENJOY LIFE EDUCATION

EMPOWERING EXCELLENCE IN INDIVIDUALS AND TEAMS

"You have created an experience that has given me something that no other program or person has been able to give me: **confidence.**"

- 2015 Student-Athlete



PLAY

LEARN

About Enjoy Life Education
Ch. 1



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EMPOWER

Evren & His Staff
Ch. 2



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ADVANCE

The Way Education Should Be
Ch. 3



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DEVELOP

Building a Team Culture
Ch. 4



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EVOLVE

Focus On the Controllables
Ch. 5



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RESILIENCE

Embracing Adversity
Ch. 6



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SELF REFLECT

It Starts With You
Ch. 7



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HARNESS

Happiness Drives Health
Ch. 8



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INTEGRATE

Application for Life
Ch. 9



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PREPARE

Activate Your Purpose
Ch. 10

"I have learned more in the past week than in my whole entire 8 years of going to school! You are making the world a better place. I have a completely new perspective on life how to live it to the fullest and how to help others do that too."

- 2016 Leadership Academy Student

"Thank you so much for your time spent with our team this season! You transformed our culture and our competitive attitude. We performed with the edge we've been searching for and your work with us was the key to our championship drive! We are so grateful for your support and for believing in us. These young women and I are very appreciative of your dedication and expertise!"

- 2016 Head Coach



Evren Gunduz Ed.M., Enjoy Life Education Inc. Founder and Mental Strength Coach for the Maine Maritime Academy Women's Volleyball Program, is a pioneering authority in positive leadership, attitude development, and empowerment education. He earned his master's degree from Harvard University in leadership, team studies, and human development theory.

His decorated teaching, athletic coaching, and academic career include: the Goldin Foundation Excellence in Education Award given to the top 5 most impactful educators in Massachusetts, 2 Hopkinton Community Hero Awards, the Harvard Intellectual Faculty Contribution Award, and the Tri-Valley League Soccer Coach of the Year Award.

Evren's innovative philosophy, practical research, and progressive, high energy teaching pedagogy in 21st century leadership principles have empowered teens, collegiate athletic teams, student leaders, and entrepreneurial start-ups in both the United States and multiple European nations. An avid athlete and adventurer, Evren runs ultramarathons, is a passionate skier, and also works as a dedicated high school soccer coach.

Empowerment Workshop & Keynote

- ★ For large groups and teams wanting to galvanize their teamwork, challenge themselves to lead, activate their purpose, and cultivate a more positive culture.

*RATE : \$1,500 - \$2,250

Mental Strength Workshop

- ★ For collegiate & high school athletic teams wanting to achieve peak performance, increase their confidence, actualize their potential, and create a culture of excellence.

*RATE : \$500 - \$1,500

Teen Leadership Academy

- ★ Our 5 day 4 night program is for individuals & leadership teams, ages 13-17, wanting to learn the arts of positive leadership, increase their confidence & communication skills, establish a vision & action plan, and become empowered leaders to themselves and others

RATE : \$855 per individual



Apply for a workshop, register for the Leadership Academy, or learn about empowerment by visiting our platforms, giving us a ring, or emailing Evren.



Enjoy Life Education



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