

Marc Brackett, Ph.D.



Marc Brackett, Ph.D., is founding director of the Yale Center for Emotional Intelligence and Professor in the Child Study Center at Yale University. His grant-funded research focuses on: (1) the role of emotions and emotional intelligence in learning, decision making, relationship quality, and mental health; (2) the measurement of emotional intelligence; (3) best practices for teaching emotional intelligence; and (3) the influences of emotional intelligence training on children's and adults' effectiveness, health, creativity, and both school and workplace climate. Marc has published 125 scholarly articles and has received numerous awards, including the Joseph E. Zins Award for his research on social and emotional learning and an honorary doctorate from Manhattanville College. He also is a distinguished scientist on the National Commission on Social, Emotional, and Academic Development.

Marc is the lead developer of RULER (an acronym for the five key emotion skills of recognizing, understanding, labeling, expressing, and regulating emotions) is an evidence-based approach to social and emotional learning that has been adopted by over 1,500 public, charter, and private pre-school to high schools across the United States and in other countries, including Australia, China, England, Italy, Mexico, Spain, and Sri Lanka. RULER infuses social and emotion learning into the immune system of schools by enhancing how school administrators lead, educators teach, students learn, and families parent. Research has shown that RULER boosts academic performance, decreases school problems like bullying, enriches classroom climates, reduces teacher stress and burnout, and enhances teacher instructional practices.

Marc regularly consults with large companies, including Facebook and Google on best practices for integrating the principles of emotional intelligence into training and product design. With Facebook, he has developed a number of products, including: social resolution tools to help adults and youth resolve online conflict, the bullying prevention hub to support educators, families, and teens, and InspirED, an open-source resource center to support high school students in leading positive change in their schools. Marc also holds a 5th degree black belt in Hapkido, a Korean martial art.

Dr. Greg Dale

Director of Sport Psychology and Leadership Programs DUKE University



Gregory A. Dale is the Director of Sport Psychology and Leadership Program for Duke Athletics. In his sport psychology role, Dale provides consultations for individual athletes, coaches and staff members. In addition, Dale provides team building services for athletic teams and other units within the athletic department.

In his leadership role, Dale provides leadership training for athletes, coaches and administrators within the department through various educational programs. He is also a professor of sport psychology and sport ethics in the Department of Health, Wellness and Physical Education.

In July of 2018, Dale was named to the newly-created Integrative Performance Excellence Group, a unit comprised of directors in the areas of Sports Performance, Athletic Medicine, Sports Nutrition and Behavioral Health, as well as individuals representing psychological services, team physicians and primary care physicians. The goal of this working group is to enhance the experience of Duke student-athletes by providing an integrative approach to the care of each individual athlete throughout his or her collegiate career while continuing to cultivate partnerships with the Duke University Hospital, Duke Sports Science Institute, Duke Student Health and Duke Counseling and Psychological Services (CAPS) as part of its holistic approach to student-athlete health.

Dale received his bachelor's degree from Stephen F. Austin State University in 1985. He went on to earn a master's from Columbia University in 1987 and his doctorate from The University of Tennessee in 1993.

Dale, a native of Troy, Texas, has written four books on leadership, coaching, parenting and performance and serves as a consultant to numerous athletic and corporate organizations around the world.

Dale lives with his wife, Cammie, and their children.

Jay Hammes

President of
Safe Sport Zone LLC

Jay has been involved in athletics his entire life as a player, a coach, teacher and recently retired athletic administrator, both at the high school, district level and collegiate level. In November 2013, he was voted Wisconsin's "Athletic Director of the Year." In June of 2015, Jay was inducted into the Washington Park High School Hall of Fame in his hometown, Racine, Wisconsin.

Jay's passion for high school athletics has him currently speaking throughout the country on maintaining a safer environment for after-school events.

He is currently working with the National Interscholastic Athletic Administrators Association and is the chair and lead instructor of the leadership training course called "Contest Management," which covers athletic event security.

He has been published numerous times and endorsed by both the NIAAA and NFHS. In July of 2013, Safe Sport Zone was nationally recognized at Disney World by the NCS4.

Jay graduated from the University of Wisconsin-Oshkosh and achieved his master's degree from the United States Sports Academy.

He was an elected Board Trustee in the Village of Wind Point for 12 years, whose responsibility was the Village's Police, Fire, and Safety.

Positive Coaching Alliance (PCA) develops **BETTER ATHLETES, BETTER PEOPLE** through resources for youth and high school sports coaches, parents, administrators and student-athletes. In addition to 1,500+ free audio-video and printable tips and tools at www.PCADevZone.org, PCA has [partnered with roughly 3,500 schools and youth sports organizations nationwide to deliver live group workshops, online courses and books](#) by PCA Founder Jim Thompson that help those involved in youth and high school sports create a positive, character-building youth sports culture.

PCA resources, which have reached more than 8.6 million youth, strive to transform high school and youth sports into a Development Zone® culture, where the goal is to develop Better Athletes, Better People and the following become the prevailing models in youth and high school sports:

- **The Double-Goal Coach®**, who strives to win while also pursuing the more important goal of teaching life lessons through sports
- **The Second-Goal Parent®**, who concentrates on life lessons, while letting coaches and athletes focus on competing
- **The Triple-Impact Competitor®**, who strives to impact sport on three levels by improving oneself, teammates and the game as a whole.

PCA gains support from a [National Advisory Board](#), including National Spokesperson and 11-time NBA Champion Coach Phil Jackson, and many other top coaches, athletes, organization leaders and academics who share PCA's mission.

About NAMI

Who We Are

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

What started as a small group of families gathered around a kitchen table in 1979 has blossomed into the nation's leading voice on mental health. Today, we are an association of more than 500 local affiliates who work in your community to raise awareness and provide support and education that was not previously available to those in need.

What We Do

NAMI relies on [gifts and contributions](#) to support our important work:

We educate. Offered in thousands of communities across the United States through NAMI State Organizations and NAMI Affiliates, our [education programs](#) ensure hundreds of thousands of families, individuals and educators get the support and information they need.

We advocate. NAMI shapes national [public policy](#) for people with mental illness and their families and provides volunteer leaders with the tools, resources and skills necessary to save mental health in all states.

We listen. Our toll-free [NAMI HelpLine](#) allows us to respond personally to hundreds of thousands of requests each year, providing free information and support—a much-needed lifeline for many.

We lead. Public awareness events and activities, including [Mental Illness Awareness Week](#) and [NAMI Walks](#), successfully fight stigma and encourage understanding. NAMI works with reporters on a daily basis to make sure our country understands how important mental health is.