

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) [SIGN-UP NOW!](#) Click to become a Member for Free!



# Voltcast

## ILLUMINATING LEADERSHIP



### Voltcast: Illuminating Leadership

#### Archives Available

**August 08th 2017: Want to be a better leader? Start by increasing your Well-Being!**

Do you ever feel like your days are flying by and running into one another? Do you have good intentions about planning for your work but end up being consumed by e-mail and the crisis of the day? Have you wanted to start a work-out regimen but somehow never seem to get around to it? If you are curious about these type of questions, then please join us on Tuesday, August 8th at 1pm EDT for our next Voltcast: Illuminating Leadership. Host, Jeff Smith, will be talking with Dr. Alan Schlechter, who is the co-author of the book UThrive: How to Succeed in College and Life. He and co-author, Daniel L

[Read more](#)



### Tune in

Archives Available on VoiceAmerica Variety Channel

[EPISODE ON DEMAND](#)

[VIEW HOST PAGE](#)

### Featured Guest



#### Alan Schlechter

Alan Schlechter, MD is a clinical assistant professor at NYU Langone Medical Center and the director of Child and Adolescent Psychiatry Outpatient Services at Bellevue Hospital Center. In his role as Director he treats and helps organize the care of some of the most vulnerable children and families in New York City. Along with Dan Lerner, Alan teaches "The Science of Happiness" to almost 1,000 NYU students each year, in which he shares the mental health education that he believes all people should receive early in life. Alan is interested in using the best science to foster behaviors and thoughts that might help prevent mental illness and grow well-being. In addition to co-authoring UThrive

[Read more](#)

### Share This Episode



### Connect with VoiceAmerica

Download our mobile apps



Come see what VoiceAmerica's hosts are writing, on PressBlog!

