

Editorial Statement

The focus of the Journal of Excellence is the sharing of knowledge and wisdom that is relevant to the lived experience of excellence in any domain (including sports, the performing arts, health and well being, business/workplace, education, leadership, children and youth and joyful living). Research of an applied nature, including case studies, interventions, interviews and narrative studies, and personal experiences with the pursuit of excellence are welcomed. The Journal of Excellence also publishes personal accounts, short commentaries, individual interviews, poems or stories that offer insights into the nature of high level challenges, remaining positive under adversity and the mental links to excellence. Reviews of books, videos/CD's, films, conference highlights and new initiatives in an applied setting are also considered. The Journal of Excellence is looking forward to sharing your ideas with others committed to enhancing excellence in all domains.

Instructions to Contributors

The Journal of Excellence is an English language refereed Journal. In preparing manuscripts for publication, authors should review similar types of articles already published in the Journal of Excellence and refer to the guidelines in the *Publication Manual of the American Psychological Association (5th ed., 2001)*. Please submit one copy of your manuscript in Microsoft Word and forward it as an attachment to: excel@zoneofexcellence.ca

All submissions must be preceded by an abstract not exceeding 150 words. All figures and photographs should be submitted on-line in Tiff format (600 dpi.). Tables should be included in the Word document. A short biographical sketch describing each author area(s) of expertise, performance or research interests, affiliation(s) and current email address should accompany the article.

The Editor of the Journal of Excellence can be reached through:

Fax: 1-819-827 2652

Email: excel@zoneofexcellence.com