

## **Editorial Statement**

The focus of the Journal of Excellence is sharing knowledge, wisdom, experiences and applied research that is relevant to the lived experience of excellence in any domain (including sports, education, coaching, consulting, the performing arts, health and well being, business/workplace, leadership, positive living and learning skills for children and youth and joyful living). Research of an applied nature, including case studies, interventions, interviews, narrative studies, and personal experiences with the pursuit of excellence are welcomed. The Journal of Excellence is also open to publishing personal accounts, short commentaries, individual interviews, poems or stories that offer insights into the nature of high level challenges, strategies for remaining positive and focused under adversity and the mental links to excellence in all human domains. 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 meaningful ideas with others committed to enhancing excellence in all domains.

## **Instructions to Contributors**

The Journal of Excellence is an English language refereed Journal. Articles that are submitted are sent out for independent review by leaders in the applied fields of performance excellence and personal excellence for high quality living. 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 most recent Publication Manual of the American Psychological Association. Please submit one copy of your manuscript in Microsoft Word or RTF and forward it as an attachment to: [excel@zoneofexcellence.ca](mailto: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:

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Note: Appreciation is extended to Rémi Simard who is responsible for formatting the on-line Journal of Excellence.