

# Al Lee

Keynotes ♦ Presentations ♦ Seminars

## “Transform Your Life – One Breath at a Time!”

### Overview

This entertaining and interactive program, based on recent science and research, is designed to teach participants powerful life skills that will enable them to take more control over their health, performance, and emotions resulting in a greater degree of success with every challenge they face.

### Benefits

At the organizational level, wellness programs:

- Return \$3-\$15 for every dollar spent
- Reduce health care costs
- Improve employee moral
- Demonstrate commitment to employee health & wellbeing

At the personal level, participants in this unique program will leave with powerful new tools allowing them to function at a higher level by:

- Integrating powerful breath-based stress reduction techniques into their personal and professional lives.
- Elevating their mental, physical and creative performance with the same techniques used by Olympic athletes, fighter pilots, mountain climbers, and performing artists of all kinds.
- Taking more control over their health and ability to heal by boosting their immune system, lowering blood pressure, and improving circulation and heart health.
- Managing difficult emotions such as anger and frustration by employing proven techniques used in anger, pain, grief, and depression management.

### Program

Variable length programs – everything from keynotes to half-day seminars – can be customized to emphasize health, performance, or emotional wellbeing, and can include movement-based exercises if desired. These content rich programs are entertaining, engaging, powerful, and practical, and allow plenty of time to understand, learn, and practice. All programs combine techniques and integration strategies that participants can start using immediately to bring about positive results in their personal and professional lives.

### Qualifications

Al Lee delivers seminars nationally and internationally to corporate, government, college, and private organizations and has personally put these techniques to the test as a martial arts instructor of more than 24 years and as a seasoned executive and leader in the high tech industry. He is the co-author of the book *Perfect Breathing* (Sterling Publishing 2009) and is the incoming president of the National Speakers Association (Oregon Chapter).

His fun, inspirational, and transforming presentations bring together the most contemporary scientific information as well as practical time-tested techniques that everyone can use.