

Focus on what you have, not what you don't have. ~Al Foxx

AL

F

O

X

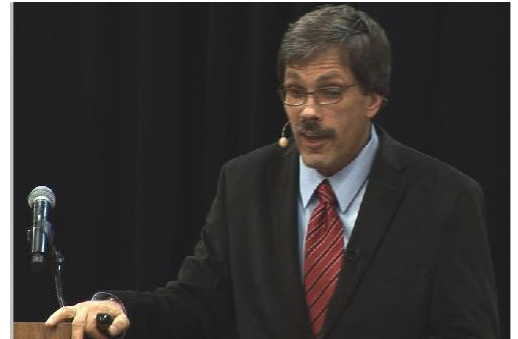
X

Partial Client List

Boeing Company
Boys & Girls Club
Brain Injury Association of Colorado
Brain Injury Association of Washington
Central Washington University
City of Kirkland Police Department
City of Duvall Police Department
City of Renton, "Renton River Days"
Costco Wholesale
Delta Rehabilitation Center
Department of Defense, Seattle
Department of Veteran Affairs
John Deere Corporation
Lexus of Bellevue
Midland Empire Resource *Independent Living*
Naval Undersea Warfare Center, Poughkeepsie
North Region EMS & Trauma Care Council
Puget Sound Health Care System
Pullman Transit Corporation
SAGE-(Retired Christian Business Men)
Seattle Central Community College
Seattle Medical & Rehabilitation Center
Seattle Prep School
Springfield College, New York
St. Clair County (Michigan), *Mental Health*
State of WA, Department of Labor
Tacoma Community College
Texas A & M University
Toyota of Kirkland
Washington State Dairy Women

INTERNATIONAL INSPIRATIONAL HUMORIST, COMIC & AUTHOR

**17 YEARS
OF MAKING PEOPLE
LAUGH, CRY
AND THINK!**



Change is upsetting when the situation and conditions affecting our life includes our feeling of SAFETY. Most of us feel that our very way of life is threatened when we face any kind of major change, especially if it is around the BIG THREE (Relationship, Money and Health).

If one of these things is changing, it can be very challenging. If two of these three are changing, it can be incredibly difficult. If all three are changing at the same time, it can be utterly devastating. Al Foxx knows about this—he lived it. All three—all at one time--talk about feeling threatened! Al understands losing one's sense of safety--helplessly watching his life fall apart, changing utterly and completely overnight.

Al Foxx struggled for years with catastrophic health issues, financial devastation and relationship changes in his life. Something has been altered: Irrevocably, immeasurably, fundamentally, and absolutely. His "game" was over.

He now shares refreshingly authentic and humorous stories of the pursuit of his dreams and aspirations following the devastating motorcycle crash in 1980, the one that ripped apart his 18-year old idyllic life. This catastrophic event left him with a right brain stem contusion, causing brain damage and left side paralysis.

With a determination to be "normal" and a strong desire to fit back into a world he had suddenly been locked-out of, Al uses humorous insights to connect with his audiences. Although he was told he would never walk without a cane, talk understandably or drive legally, he drives to his local gigs, he limps onto stages throughout the United States and in Canada, and has spoken to hundreds of audiences. Al Foxx now brings the light of hope, filled with possibilities for his audiences and readers.

www.WinnersDontQuitAssociation.com

(425) 375-2112 – Booking Manager

“Comedy helped me learn not to take myself so seriously...”

From amateur night at a church function, Al Foxx officially began his comedy career at Seattle’s Comedy Underground. Several years later, he became an award winning comic at Seattle Comedy Club.



STANDARD SPEAKER TOPICS

“Delighting in Differences” “Disabling Disability Myths” “Embracing Change”
“Sing Anyway” “The Five A’s of Diversity” “Winners Don’t Quit”

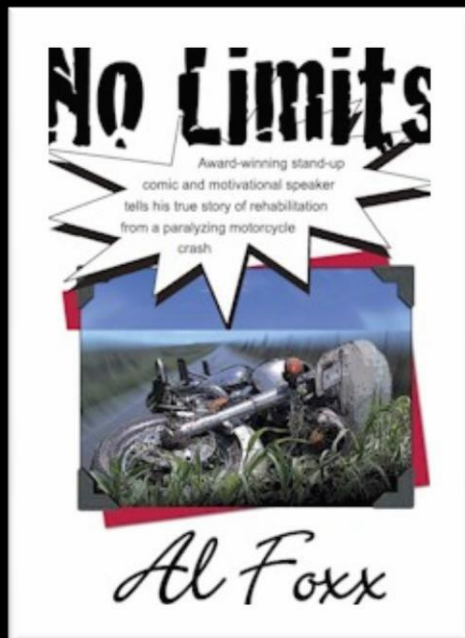
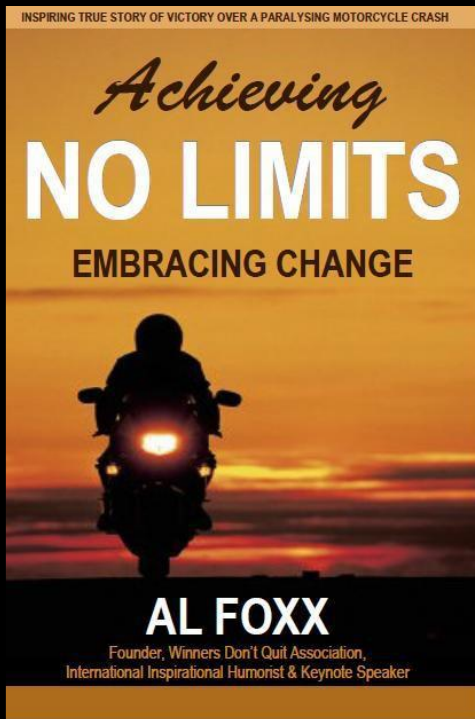
- ✓ ASSESSABILITY
- ✓ ADAPTABILITY
- ✓ ATTITUDE
- ✓ BECOME BULLY PROOF
- ✓ CHANGE
- ✓ DISABILITY
- ✓ DIVERSITY
- ✓ EMPLOYABILITY
- ✓ EMPOWERMENT
- ✓ FLEXIBILITY
- ✓ GOAL SETTING
- ✓ GRADUATION
- ✓ HEALTHCARE
- ✓ ISOLATION
- ✓ MENTORING
- ✓ TEAMWORK
- ✓ WINNERS DON’T QUIT

Customized & Industry Specific Topics Woven Into Speeches



BOOKS AVAILABLE AT AMAZON AND ON KINDLE

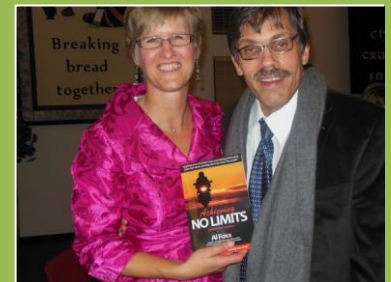
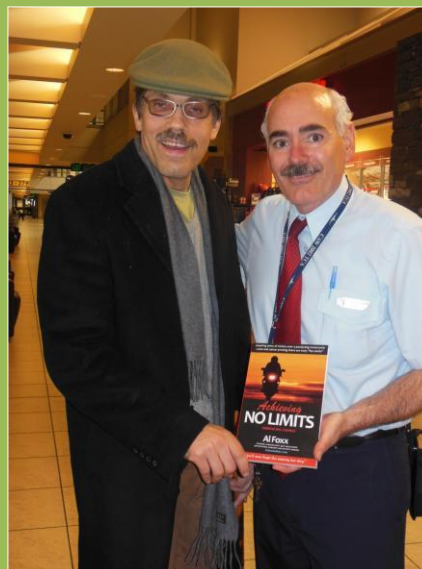
NO LIMITS (published 2008); and Achieving NO LIMITS-Embracing Change (published in 2012). The books are about an 18-year old teen (Al Foxx) whose idyllic life is unexpectedly ripped apart by a motorcycle crash. The work of accepting the aftermath of that crash is at the book's core. That work included learning the skills and attitudes necessary to embrace changes and be a winner. The book is authentically laid out, in the voice of a warrior, facing the challenges of reinventing his life. Al's amazing sense of humor and good spirit are felt throughout the book as he moves through his experiences accepting that many doors of opportunity had shut, but different doors are now open.



\$19.95 USA / CANADA

We are all born with a book of blank pages. We don't get to choose if our book is leather bound, gold embossed hard back or a cheaply glued paper back, but what the pages say is up to us. The lessons in Al's keynote speeches and in his books include:

- **ABC's:** Accept the book you've been given, Believe you can write a happy ending and Care about others.
- **Goal Setting:** Life is what you make it—always has been, always will be.
- **Self-Esteem Bucket:** What you say about others affects your own self esteem bucket. If you say negative things, it pokes a hole in your bucket and the bucket of person you are talking to or about.
- **Focus:** Focus and be grateful for the blessings you have. Do not focus on what you don't have.
- **Lighten Up:** Don't take yourself so seriously. This will help you to care about others by knowing it's not all about YOU!
- **Mentoring:** By helping others through their hard times, you can learn solution-based techniques, plus you begin to see your own challenges in a new light! It's all about perspective.



**GROUP
PRICING
AVAILABLE**

WINNERS DON'T QUIT ASSOCIATION

P.O. Box 2347, Woodinville, WA 98072

(206) 779-3080 – Personal Cell

(425) 375-2112 – Booking Manager

(425) 337-5273 - FAX

Email: alfoxx@alfoxx.com

Website: www.AttitudeMan.com