

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

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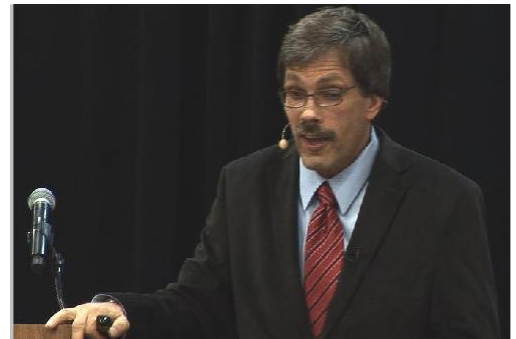
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## Partial Client List

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](http://www.WinnersDontQuitAssociation.com)

(425) 375-2112 – Booking Manager

## Testimonials

*"Al Foxx is a powerful, courageous and honest speaker who takes you through an incredible and inspiring journey of self-discovery and leaves you with a feeling of gratitude and self-awareness."*  
January 2012

Shirin Sherkat, Psy.D. (Parent Strategist)  
Founder of Create Happy Kids

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*"Al Foxx has one of the most unique stories I have ever heard. He will make you laugh, cry and think. If you get a chance to hear him speak (or read his books), stop what you are doing and run to sign up. You will thank me."*  
March 2012

Mark Matteson, Best-Selling Author of  
*Freedom from Fear*

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*"Al Foxx had me in tears--both because I was so inspired by him, his story and the way he tells it--and because he is hilarious! Al reminded me of something that is very powerful: you can't judge a book by its cover because when you do, you miss out on the PURE GOLD within. Al is pure gold--and has a heart and courage to match. I whole-heartedly recommend Al as a powerful speaker, motivator, and inspired man who lights a fire under your "But..." and melts your heart at the same time! Bravo!"*  
April 13, 2012

Kris Prochaska, MA, LMHC  
Your Guide to Confident Communication  
Heart & Soul Speaking  
[www.speakfreelynow.com](http://www.speakfreelynow.com)

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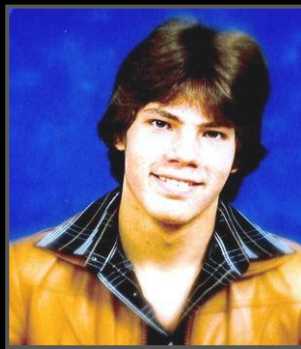
*"The response by all levels of the several hundred staff in attendance was overwhelming! The content of your message was matched by the way in which it was delivered. For many years in our County, we have been trying to point out that "I am not my disability". Your presence in our community put the exclamation point on that concept."*  
March 2010

Michael Mc Cartan, Executive Director  
St. Clair County Community Mental  
Health, (810-985-8900-Phone)

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## The 3 C's of Life: CHOICES—CHANCES—CHANGES

You must make a Choice, to take a Chance, or you life will never Change.



Al Foxx at 18 Years Old

"Learning to reinvent myself at age 19 was no simple matter, but it was necessary. By **ACCEPTING** my new life with disabilities, I was able to begin **BELIEVING** it was possible to recreate myself in a positive way. Once I got that down, I realized the need to stop thinking about myself so much, and to start **CARING** for others."

~Al Foxx

Over 33 years ago, **A MOTORCYCLE CRASH** changed **AL FOXX** forever; from a healthy 18-year old, to a person with a brain injury and partial paralysis. He was forced to learn to embrace the changes in his life. Many doctors told him he'd never walk, talk understandably, or drive. Al met these challenges head on.

Starting his speaking career at Seattle's Comedy Underground in 1995, Al focused on learning the craft of stand-up comedy, reciting a succession of his humorous stories, short bits and one-liners. In time, Al started opening for many top comedians. Then Al's comedy gigs on stage morphed into his professional speaking career.

Focusing more on the 'winning-at-life' formulas learned from his years with rehab psychotherapists, and other rehabilitation training, Al is now able to share these valuable lessons with other people facing challenges. Motorcycle crashes come in all shapes and sizes; divorce, bankruptcy, loss of a loved one, loss of a job, scary medical concerns, to name a few. In sharing these lessons, Al realized his humorous story-telling presentations were helping people; and helping people made Al feel good.

Al went from being a hot tar roofer to an extraordinary comic and inspirational speaker whose storytelling ability and contagious humor/enthusiasm brings laughter and hope to audiences of all ages from Fortune 500 companies to universities, government agencies, churches and schools. Today he drives to his local speaking engagements, limps onto the stage, and gets paid to share his humorous insights with people who begin to see their own situations and challenges in a new light. Suddenly they can believe that there is hope in their own possibilities.



Everyone needs an Attitude Coach, or a Mentor. Wayne is my Attitude Coach. While he thinks I'm helping him, he actually helps me to keep perspective. We help each other.

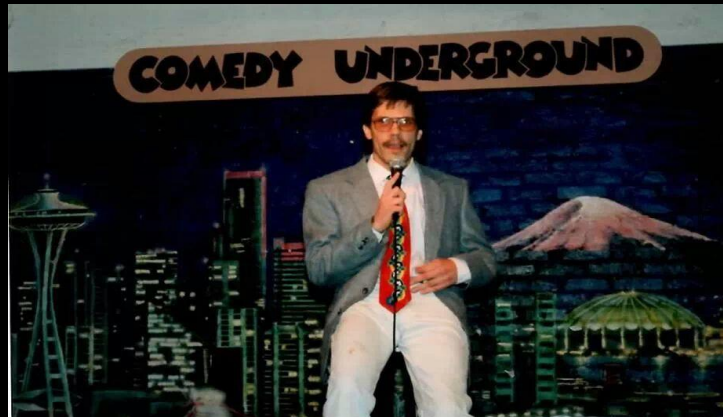
There's always someone out there who has it worse off than you. Be there for them and lift them up. It will be healing for both of you.

**A MENTOR IS SOMEONE WHO ALLOWS YOU TO SEE THE HOPE INSIDE YOURSELF.**

--Oprah Winfrey

## “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.

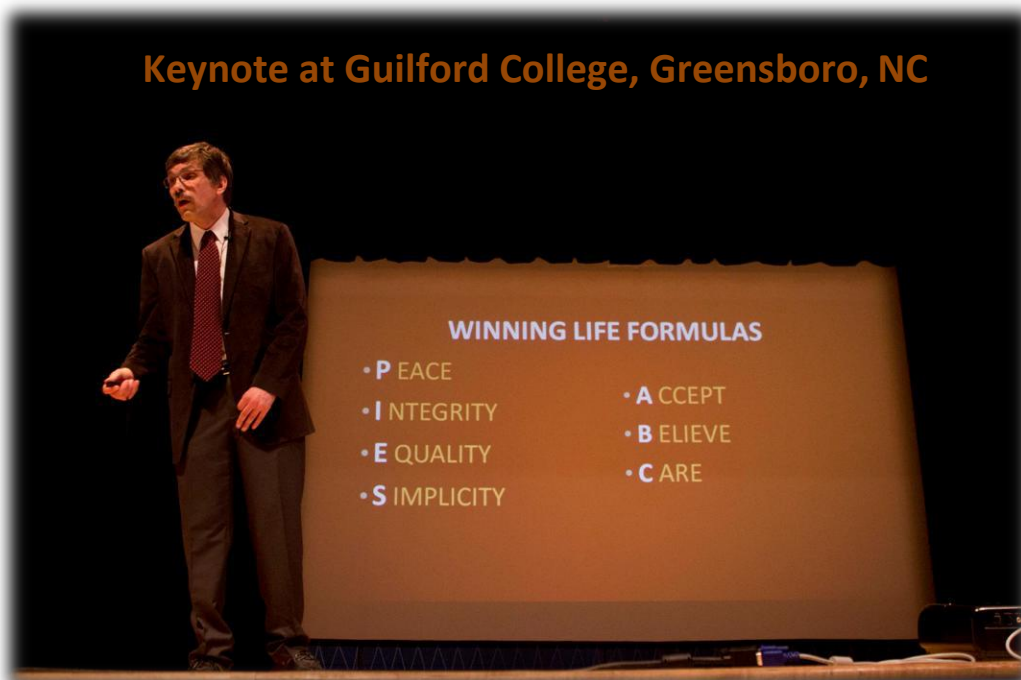


## STANDARD SPEAKER TOPICS

“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**

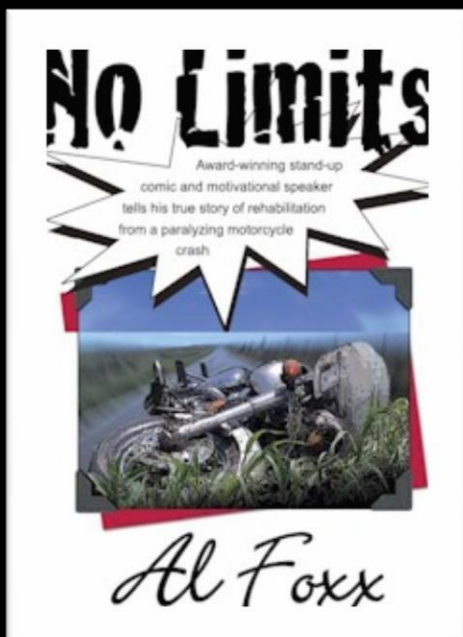
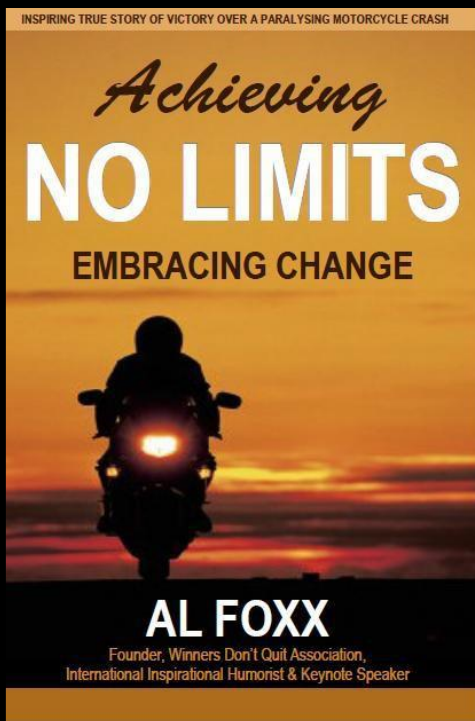
Customized & Industry Specific Topics Woven Into Speeches





## BOOKS AVAILABLE AT AMAZON AND ON KINDLE

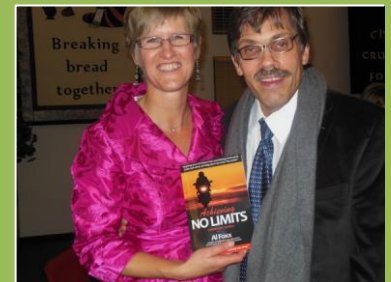
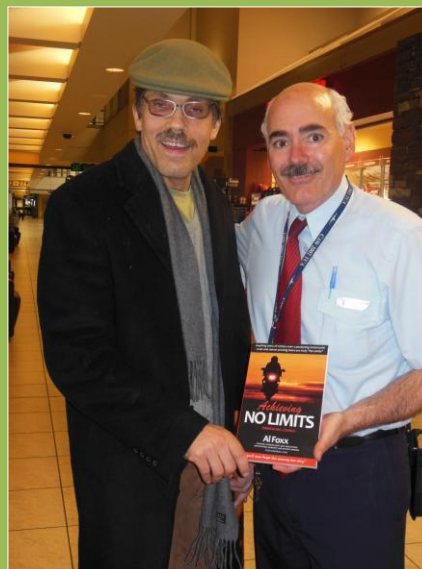
NO LIMITS (published 2008); and Achieving NO LIMITS-Embracing Change (published in 2012). The books are about an 18-year old teen (Al Foxx) whose idyllic life is unexpectedly ripped apart by a motorcycle crash. The work of accepting the aftermath of that crash is at the book's core. That work included 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

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