



AL FOXX

**INTERNATIONAL INSPIRATIONAL
HUMORIST, STAND-UP
COMEDIAN & AUTHOR**

***17 Years of Experience in
Making People
Laugh, Cry & Think!***

Trauma survivor Al Foxx www.WinnersDontQuit.org is a professional speaker and entertainer with demonstrated ability to make people laugh, cry and think. Author of NO LIMITS (published 2008); and Achieving NO LIMITS-Embracing Change (published in 2012).

Al Foxx loved his Yamaha 650 Special. At 18, he felt invincible. His powerful bike carried him down country roads and weaved between cars on busy city streets. One spring day in May of 1980, Al lost track of time while spending time with his fiancé. Suddenly, realizing he was late to meet his buddies at a rock concert, Al hopped on his bike and gunned out of the driveway.

He knew he should slow down, but he kept speeding up. Al never saw the truck that came out from a side street, through the stop sign. His speeding bike slammed into the truck and stopped dead. He flew over the handlebar—his helmet and face bones breaking against the side of the truck. Al suffered a massive traumatic brain injury that left him completely incapacitated. A tar-roofer by trade, Al's world collapsed when doctors told him he would never walk, talk or drive again.

What doctors didn't anticipate was the strength of Al's spirit. Unwilling to accept the gloomy prognosis, Al set out to bring himself back to as much functionality as was possible. Focusing on the winning-at-life formulas learned from his years with rehab psychotherapists, and other rehabilitation training, Al now shares these valuable lessons with other

people facing challenges with big changes. 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. While sharing these lessons, Al realized his humorous story-telling presentations were helping people; and helping people made Al feel good.

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. He does all of those things differently than he did before, but he has brought himself to a post-trauma identity based on what he can be, do and connect with.

Instead of working as a tar-roofer, he has become a humorist, author and an inspirational speaker and author. From an amateur night at a church function, Al Foxx started his speaking career at Seattle's Comedy Underground in 1995 and focused on learning the craft of stand-up comedy, opening for many top comedians. Completing with other feature acts, Al won the Giggles Laff-Off Comedy Contest in 2000. Shortly after that, Al began his speaking career.

His motto, "Winners focus on what they have, not what they don't have," acts as a great reminder that we all have a choice about where we place our focus. Our focus determines our future.



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