

## MEET AL FOXX



### **Founder & President of Winners Don't Quit Association**

**Inspirational Humorist, Comic & Author of  
"Achieving NO LIMITS—Embracing Change"**

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Over 18 years of experience of making people laugh, cry and think, trauma survivor Al Foxx [www.WinnersDontQuit.org](http://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. 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. Competing 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.

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.

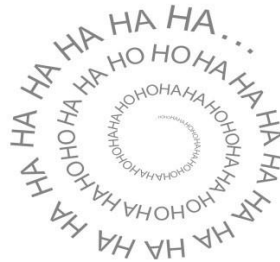
He knew he should slow down, but he kept speeding up. Al never saw the truck that came out from a side street, through the stop sign. His speeding bike slammed into the truck and stopped dead. He flew over the handlebar--his helmet and face bones breaking against the side of the truck. Al suffered a 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.

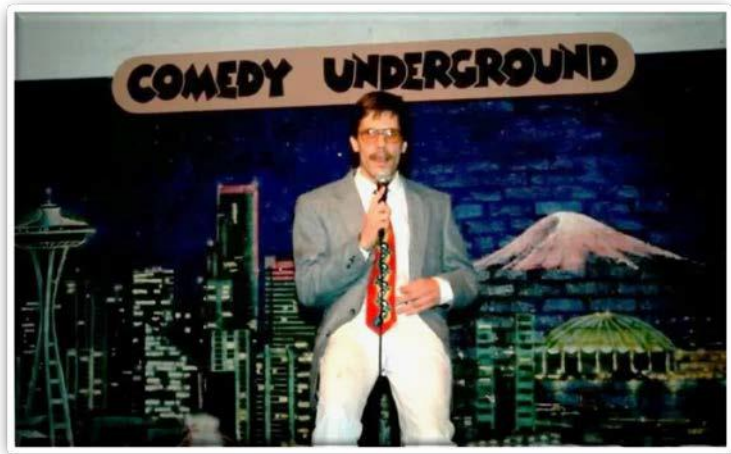
Although he was told he would never walk without a cane, talk understandably or drive legally, he drives to his local gigs, he limps onto stages throughout the United States and in Canada, and has spoken to hundreds of audiences. He does all of those things differently than he did before, but he has 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. 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. Competing 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. And as Bill Cosby says, *“Through humor, you can soften some of the worst blows that life delivers. And once you find laughter, and no matter how painful your situation might be, you can survive it.”*



## COMEDY CLUB PHOTOS



Each week THE COMEDY UNDERGROUND presented open mic for professional and amateur comedians to test new material and to develop their acts. Soon Al Foxx became a favorite!



Al won the Giggles Laff-Off Comedy contest in 2000. Giggles Comedy Club was a comedy club located in Seattle's University District and consistently brought in some of countries top comedians.



In all professional presentations, Al includes his skills learned on the comedy circuit. So, if you choose to book Al, you can count on laughing a lot! Regardless of the serious message he presents about a variety of subjects, he has learned to find the humor in serious situations! And as Andrew Carnegie says, *“There is little success where there is little laughter.”*

Meet Al Foxx

*Achieving NO LIMITS*

# BOOK AL FOXX

## TO SPEAK AT YOUR NEXT EVENT

If you could have an inspirational and humorous, industry specific customized presentation about embracing change by accepting the book you've been given, choosing to write a happy ending and caring about others, what value would that have for your organization?

Al Foxx is an inspirational and humorous professional speaker and author of "Achieving NO LIMITS-Embrace Change." He has delighted audiences all across the country for over 15 years with his authentic and humorous presentations. His love of speaking began at amateur talent night at a church function. Shortly after that, Al Foxx officially began his comedy career at Seattle's Comedy Underground. Several years later, he became an award winning comic by winning the Giggles Comedy Club Laff-Off (Seattle) in 2000.

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. As a speaker and entertainer, Al appeals to audiences of all ages: from Fortune 500 companies to universities, government agencies, churches and schools.

Go to Al's website to find testimonials, audio and written, as well as YouTube videos and radio shows that will help you decide if Al's is a good fit for your organization.

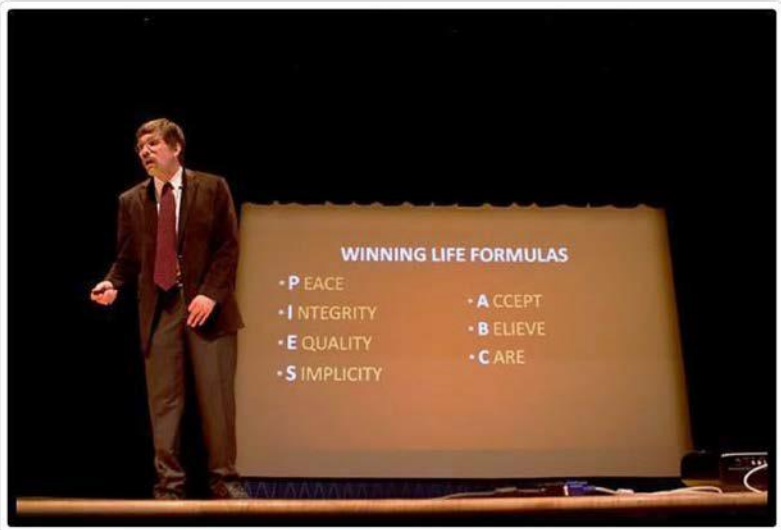
**425.375.2112 – Booking Manager**

[www.winnersdontquitassociation.com](http://www.winnersdontquitassociation.com)

[www.attitudeman.com](http://www.attitudeman.com)



Al Foxx on stage—State of Washington Brain Damage Association

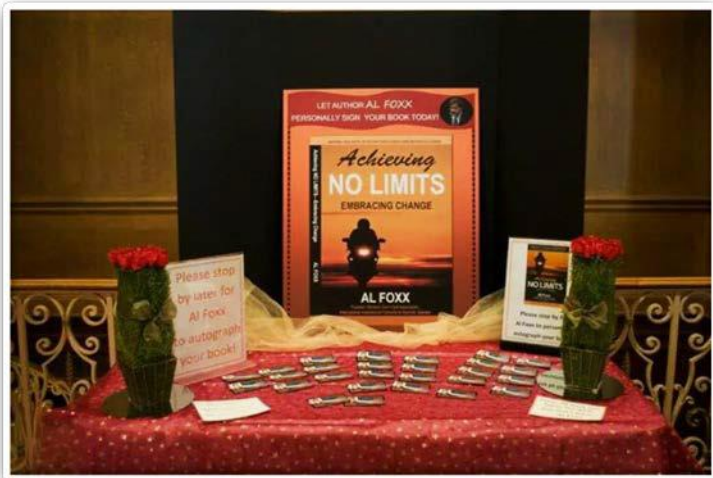


Al Foxx on stage—Gilford College in Greensboro, North Carolina





Al Foxx on stage—Annual HUG Conference  
Seattle Fairmont Olympic Hotel, Seattle, WA



Book Sales Table—Annual HUG Conference  
Fairmont Olympic Hotel, Seattle, WA



Al Foxx on stage—Annual HUG Conference  
Seattle Fairmont Olympic Hotel, Seattle, WA

## Speaker 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. “*

**Shirin Sherkat, Psy.D.,**  
**Parent Strategist, Author of “Create Happy Kids”**  
[www.createhappykids.com](http://www.createhappykids.com)

*“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.”*

**Mark Matteson**  
**Best-Selling Author of Freedom from Fear**  
[www.sparkingsuccess.net/](http://www.sparkingsuccess.net/)

*“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!”*

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

*“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.”*

**Michael McCartan,**  
**Executive Director, St. Clair County Community Mental Health**  
[www.scccmh.org/](http://www.scccmh.org/)

*“Mr. Al Foxx was the keynote speaker at the annual spring HUG conference in Seattle. HUG (Healthcare User Group) is made up of Health Payors from all over the United States. Al's presentation was extremely motivating, inspirational, humorous, and most importantly touched the hearts of those in attendance. Al stayed to sign his book and talk with each one on an individual basis. As President of the HUG Board, I was lucky enough to have many come up to me and thank me for inviting Al to be our guest speaker. Honestly, I was the lucky one—I was able to attend the keynote speech given by Al.”*

**Denny Kinkead**  
**President of HUG Board**  
[www.sparkingsuccess.net/](http://www.sparkingsuccess.net/)

*“Al Foxx changed my perspective on a couple elements of life - with his humor, insights and down-to-earth style. He lifts you up into new places, from which you smile - or guffaw, seeing a broader view. His humor, stage presence, physicality and powerful personal story quickly captivate - and I wholeheartedly believe he will skillfully pluck will at your heart strings.”*

**Marilyn Schoeman**

**Author of GO!**

***How to Think, Speak and ACT to Make Good Things Happen***

<http://www.gogreenlightway.com>

*I recently saw Al speak at a conference in Seattle on Embracing Change. Al has a great and import message, not only for people with disabilities, but for all of us. He shows us not only by his words but his own stories that no matter what difficulties or tragedies we experience, we can come back stronger, capable and even happier. Al's delivery is very effective but the added bonus is that he's funny too. Imagine that, using humor to deal with and encourage others who are affected by tragedy. I would highly recommend Al's work and message to everyone.*

**Mike Manor**

**President of Midnight Mouse Productions**

*I would give Al a very strong recommendation. He was especially inspiring to the teenagers and very appropriate. My 16 year old son said Al brought tears to his eyes. We should have had him speak longer. He was great. The audience loved him and told me many times how much they enjoyed his talk.*

**Carrie Harris**

**Education Service Center**

**Duvall High School Bachelorette**