

Life Lessons from the Trail Presentations



Hiker Jeff's Credentials:

Jeff Alt, is a talented speaker, award-winning author of 5 books, and an accomplished adventurer. Jeff has walked the entire Appalachian Trail solo, over 2,000 miles; he hiked across the Sierra's of California with his wife; he trekked across Ireland carrying his 22-month old daughter on his back, accompanied by his wife and extended family and his son was on the Appalachian Trail at 6 weeks of age. Jeff's Appalachian Trail adventure inspired an annual charity for the disabled that has raised over half a million dollars.

Jeff has been featured Hallmark Channel, ESPN, CNN-Radio, Discovery Channel.com, and in Backpacker Magazine, Fitness RX for Men, Women's Health, Shape, US News & World Report, and many more! Jeff holds a Master's Degree in Speech Language Pathology from Miami of Ohio and a Marketing Degree from the University of Toledo. He is a member of The National Speakers Association (NSA) & the Outdoor Writers Association (OWAA). Jeff recently filmed a TEDx Talk about his Life Lessons from the Trail. Jeff lives with his wife and two children in Cincinnati, Ohio.

*Are you looking for a speaker that can energize your employees, support your staff with work/life balance issues and help increase your bottom line? Do you want to entertain your audience and give them quality take away content? **Book Jeff Alt, an inspiring and entertaining keynote speaker and award-winning author. His approach is different and memorable. He is an accomplished adventurer and an expert at connecting lessons from the trail to help improve yourself and your organization.***

Prominent Research has proved what Jeff Alt experienced from his five month walk along the Appalachian Trail and many other outdoor adventures—that nature and walking in nature, unplugged, increases your happiness, creativity, helps with your physical health, and increases your problem-solving ability. All these traits lead to better run organizations; with higher productivity and improved employee retention. Jeff customizes his presentations to align with your event goals and topics. Jeff has blazed the longest of trails and shares powerful lessons with groups and organizations to help increase everyone's success.

Business keynotes and seminars

Life and Business Lessons from the Trail

-How the simple outdoors can have a profound impact on your goals, problem solving and improve career/ business success

Jeff Alt takes you on his highly acclaimed adventure over 2,000-miles along the Appalachian Trail with bears, bugs, blisters, skunk bedmates, extreme weather conditions, loads of humor and edge of your seat entertainment. Jeff's journey stepped off an annual charity for disabled people which has raised over \$500,000, as chronicled in his best selling book, *A Walk for Sunshine*.

- ◇ Learn how to apply the skills it takes to walk over 2,000 miles into your daily routine.
- ◇ Acquire powerful "Life Lessons" to take with you on your own journey at home and work.

Tell Your Staff to Take a Hike! Literally

-How to improve your work culture and work life balance using nature

- ◇ Learn five simple ways to incorporate nature into your work environment.

Lessons from a couples hike along the John Muir Trail

-How to heal and improve relationships & communication using nature

- ◇ Energize your relationships at work and home with an outdoor adventure.

Energize, Improve Work/Life Balance and Increase Your Bottom Line!

Call 513-227-2301 to schedule Jeff Alt

Life Lessons from the Trail presentations, is the speaking division of Dreams Shared Publications, LLC

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Partial Client List

Business & Industry

- ◇ First Financial Bank
- ◇ Ford Motor Company, Sharonville, Ohio
- ◇ Risk and Insurance Management Society (Charlotte, NC Chapter)
- ◇ Uline

Conventions & Associations

- ◇ AAA Travel Show Convention
- ◇ Association of Administration Professionals
- ◇ Missouri Speech Language Hearing Association

Education

- ◇ Bridgewater College
- ◇ University of Virginia

Health Care

- ◇ Prairie Health Care Material Managers Retreat
- ◇ Senior Living

Parks & Recreation

- ◇ Delaware North– National Park Concessionaire
- ◇ Ohio Parks & Recreation Association
- ◇ Shenandoah National Park

Testimonials

"Jeff's keynote had a room of hard to please professionals laughing, crying, and inspired. A great presentation."

-Convention Chair, Georgia Speech Language Hearing Association

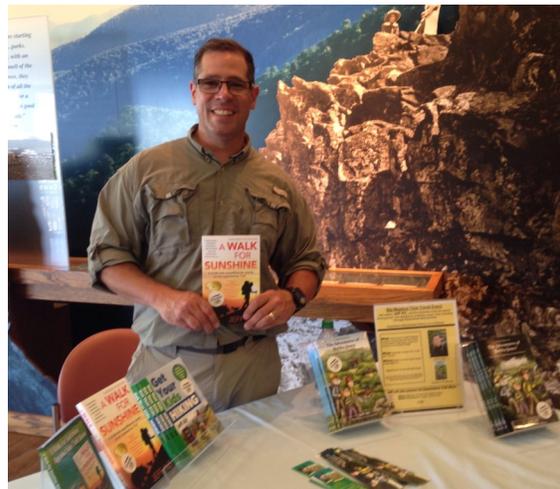
"What a wonderful way to begin our Conference! Jeff spoke to the members of the Ohio Division, International Association of Administrative Professionals....He received rave reviews for his energetic and inspiring seminar. He was a true motivator for our attendees to set a goal, take risks, and enjoy the rewards!"

-Rosemary Deitzer, CAP, Ohio Division Annual Meeting Executive Committee.

"...Your presentation provided valuable insight and information and will be useful for our attendees as they move forward following the conference...thank you for being such an important part of our event!"

-Wisconsin Integrated Resource Management (WIRM)

It all began with a hike!



Jeff Alt is a dynamic speaker & award winning author. He will inspire and entertain your attendees and give them loads of take away content.

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