



Professor Pete Alexander

Stress Relief Expert

PeteAlexander.com

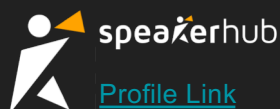
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“What a great performance! Pete’s witty personality and high energy engaged our audience and resulted in a standing ovation. This was not the only time I’ve seen him draw in an audience with the perfect blend of information sharing, storytelling and humor.”

- [Marga Ortigas-Wedekind](#)



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Speaking Topic

Dead CEOs Rarely Make Their Numbers

We all have stress in our lives, and how we deal with it makes all the difference between personal success and self-sabotage. Using primary and secondary research, Professor Pete will identify the most stressful issues facing your audience and will then lead a short, interactive experience to teach attendees how to get quick and easy stress relief in just minutes.

Key takeaways:

- The impact negative stress has on business and us
- Why stress relief is easier than you may think
- Techniques to provide immediate stress relief in 1-2 minutes

Intended Audience:

Executives and senior management professionals age 30-65.

Bio

Whether it be a dysfunctional childhood, rocky relationships, divorce, or suicidal family members, my personal life has seen its ups and downs. My personal growth path has been an amazing journey and I am grateful for everything I currently have. I am also grateful for the personal success I have experienced professionally.

During my career I have had the privilege to work in a variety of roles including Sales, Marketing, Small Business Owner and Professor. Each role had one thing in common - high stress - to the point I was diagnosed with stress-related diabetes and also ended up in the hospital with a severe case of diabetic ketoacidosis, a few hours away from being comatose.

It was a reality check for me. When you don't have your health, not much else matters. I knew it was time for me to walk away even though I had a great job, secure income and good benefits. Interestingly, my coworkers and peers were very supportive and the majority of them told me they admired my decision to put my health first before my career because they were contemplating the same thing. I realized then that it wasn't just me, and now I have dedicated my professional career to helping other professionals avoid my mistakes and immensely benefit from the wonderful tools and techniques I have learned and experienced first-hand.

Offerings and rates

1 hour workshop

Customized 15-20 minute presentation + 2 activities + Q&A.

\$ 5,600

Keynote address

Customized 35-40 minute presentation + 1 activity + Q&A.

\$ 5,600

Half day seminar

Customized 15-20 minute presentation + 4 activities + Q&A

\$ 7,600

Full day seminar

Customized 15-20 minute presentation + 6-7 activities + Q&A.

\$ 9,600