



CAPITOL CITY SPEAKERS BUREAU

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Alex Sheen

Travels from: Ohio

Fee Range: \$20,001 - \$40,000

Alex Sheen is the founder of *because I said I would*, a social movement and nonprofit dedicated to bettering humanity through promises made and kept. Sparked by the loss of his father, Alex began sending promise cards to anyone who requested them at no cost. Since his father's passing on September 4th, 2012, *because I said I would* has sent over 11.3 million Promise Cards to more than 150 countries.

Alex's commitment to the betterment of humanity has inspired millions and his promises have been shared virally around the world. As someone who truly honors commitment, he once walked over 240 miles across the entire state of Ohio in 10 days to fulfill a promise.

One of the foremost experts on promises and commitment, Alex is a four-time TEDxTalk speaker, author, podcast host and internationally-recognized humanitarian. While known most for inspirational keynotes (both live and web speeches), Alex also leads Leadership Development Workshops. By combining research and philosophy, Alex shares the habits and tactics that make it easier to keep promises.

His charitable projects and awareness campaigns have been featured on ABC World News with Diane Sawyer, CNN, The Today Show, NPR, *The Los Angeles Times* and many other programs.

Most Requested Programs...

- *because I said I would.* - We live in a society that often does not respect the importance of a promise. It is too easy to say "I'll get to it" or "tomorrow." In many ways we have become numb to disappointment and broken commitments. This expectation starts to fade into our character as individuals. Alex Sheen believes that every individual has the strength to become a person of their word. As the Founder of an international social movement, Alex shares his insights and actionable ways to become better at fulfilling commitments. He inspires others to become more accountable to their promises through compelling and real-life examples from the *because I said I would* movement. Alex convincingly illustrates how integrity and keeping your promises are forever interwoven. He discusses how holding ourselves and each other accountable truly changes humanity for the better.