

Phoenix shows trauma survivors and people with significant adversity how to heal their bodies and reclaim their lives and happiness.

Phoenix Alexander-Transformational Keynote Speaker, Author



### Testimonial:

*There are three primary reasons we like working with Phoenix and keep inviting her back to our training workshops:*

(1) Phoenix has good stage presence and is able to hold the audience's attention by projecting energy with her voice and body language.

(2) Phoenix always comes well-prepared-- she knows her topic and understands what we want to accomplish with her appearance.

(3) Phoenix is reliable -- she confirms her dates and times, and arrives when expected at our events.

*It almost goes without saying that we think Phoenix is tremendously talented. Her personal experiences help make her presentations believable to our audiences. We try to book her whenever we can.*



Ed Streit, President of Armed Defense Training Association, a nonprofit organization that helps people build practical self-defense skills. *For more info you can contact me at [ed@EdStreitProductions.com](mailto:ed@EdStreitProductions.com).*

### Biography:

As a Personal Empowerment Guide, Phoenix has been helping people to heal from their trauma since 1989. She shows powerful ways to have more control over your life through her mind-body techniques, charisma, and life stories. She is a trauma survivor with real-life experience on how to survive & heal, and shares her message of hope and transformation individually and with large groups.

She has her own Personal Development Show "The Way of the Phoenix-Trust The Journey" aired on Cable TV. She is a level 3 Certified Qigong Instructor-One of less than 600 in the US (Supreme Science Qigong) and teaches Qigong and Breath Empowerment techniques to her audiences.

Men and women alike talk about her dynamic personality and how well she relates to the audience. She has spoken to a variety of groups on the subjects of overcoming trauma & healing, and personal empowerment. She shares powerful stories of overcoming adversity that offer real solutions you haven't tried yet.

### Speech Topic: Turning Trauma Into Triumph-The Warrior's Path to Healing:

**You can live the good life despite trauma or PTSD! If you feel like you have little control over you're your happiness or how your mind and body respond to adversity, you must hear Phoenix!**

The key to real transformation is engaging the mind, body, and senses in the process of healing. Phoenix has overcome extreme violence, severe illness, and much more. *After being told she would die when she was 30, Phoenix reclaimed her life and she will show your audience how to do it too.*

**Your audience will leave with real tools for transformation and healing like: Brain Integration Movements, Declarations with Breath Empowerment, Transformation Declarations for Reframing the Past, Acupressure to Re-frame Trauma, Qigong and Breath Empowerment for Healing.**

## Phoenix Alexander

Author of: "Turning Trials Into Triumphs The Way OF The Phoenix"  
Transformational Keynote Speaker  
Personal Empowerment Guide

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### Book Testimonials:

"This moving, insightful book gives you the ideas and inspiration to overcome adversity in any area of you life".—Brian Tracy, International Best-Selling Author of "The Way to Wealth"

"It's not the difficult circumstances in our life that determines who we are; it's what we make of ourselves despite them. Let this book show you a path to greatness"

—Patrick Snow, International Best-Selling Author of: "Creating Your Own Destiny"

