

Just Announced: PASPA Conference Keynote Speaker AJ Gibson

WINNING THE INTERNAL HEAD GAME: How to MOVE When Life Feels Stagnant!

AJ GIBSON

Perspective Coach. Author. Celebrity Speaker.



AJ has worked with...



"You are the answer and always have been...it's time to stop second guessing yourself!"

Perspective coach, author, social influencer and celebrity TV host AJ Gibson has a gift for helping individuals shift out of a fear based mindset into one of abundance and opportunity! He does so through his keynotes, coaching and workshops.

Using his signature M.O.V.E. system™ AJ helps individuals strengthen their ability to view every experience as an opportunity for growth, no matter their current reality. Attendees leave their time with AJ ready to MOVE into the life they were created to live, by using the system's 4 simple, repeatable steps to transform their thought patterns into a productive, action oriented mindset.

Since entertaining viewers as a contestant on ABC's "Expedition Impossible" in 2011, AJ has turned his 15 minutes in the spotlight into a successful career as a television host and public speaker. AJ spent 2 years as the host of Hollywood Today Live on FOX, has filled in as a guest co-host on Access Hollywood Live and appears regularly on Southern California's iconic morning chat fest Good Day LA! You can also catch AJ sitting next to the ladies of The Talk on CBS or giving fans the Inside Scoop on The Wendy Williams Show.

Talk #1: WINNING THE INTERNAL HEAD GAME: How to MOVE When Life Feels Stagnant!

In the fall of 2016, AJ was emotionally battered, in the midst of his lowest of rock bottom moments and on the verge of taking his own life. He had to dig deep and come out swinging to get the ball rolling again and he wants to show others how to do the same.

From his small town upbringing to his career in Hollywood, AJ has been at the highest of highs and lowest of lows. With this keynote, AJ's intention is to give the audience the tools to experience more highs, while getting excited about the lows and embracing those moments as exhilarating opportunities for growth! Using his M.O.V.E. system, AJ will help people shift their perspective on what a rock bottom moment really is.

Attendees will learn...



- ✓ How to stop yourself when you feel like retreating and instead build momentum in the right direction.
- ✓ The truth about perspective, how to take back control of your own and create a student mentality.
- ✓ How shifting your perspective can alter your view of the world around you, creating space to find beautiful opportunities in life's rock bottom moments.

 WWW.AJGIBSONTV.COM

Learn More at: www.ajgibson.com