

BIO—Alvin Day

Executive Leadership Coach, Empowerment Trainer, Keynote Speaker & Author

Executive Director – *The Empowerment Institute;*

Author — Bestselling book--*If Caterpillars Can Fly ~ So Can I.*

Also Persuasion Power...and more.

31 Year Business Experience: U.S.A., Canada, Europe, Asia, Mexico, South America and the Caribbean.

BREAKTHROUGH RESULTS--EXAMPLES:

- A **Valvoline** process engineer applied one idea for Alvin's executive coaching sessions and now saves the company \$2,000,000 per year;
- A **25 year old businesswoman** changed her mind about suicide and developed a 10 year life plan after a two hour workshop with Alvin;
- A **Harvard University** dropout read Alvin's book, *If Caterpillars Can Fly ~ So Can I* , then immediately re-matriculated into Harvard;
- **Campbell Soup** credits him with generating US \$25 million in incremental revenues;
- He helped **Bristol Myers Squibb** earn \$1.5 Million in a three day period.

Client List Includes:

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|-------------------------|--------------------------|-----------------------------|
| • Campbell Soup | • Valvoline -- Ashland | • Comercial Mexicana |
| • Johnson & Johnson | • Kodak | • Carrefour Colombia |
| • Nabisco | • Ashland Chemical Co. | • Kroger USA |
| • Colgate-Palmolive | • ScotiaBank | • Target Store |
| • Nestle | • Sagicor--Jamaica | • Sainsbury's UK |
| • Pepsi | • NCB Bank—Jamaica | • China Military University |
| • Heinz | • Grace Kennedy—Jamaica | • Winn Dixie USA |
| • NBC/Universal Studios | • Guardian Life—Trinidad | <i>And many more</i> |

Alvin was born and raised in Jamaica and attended Edwin Allen High School and Knox College. He obtained two university degrees at the University of Wisconsin and now resides in the USA.

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