

Information for Introduction

Dan Hegstad

- Author of several books:
 - “Success and Sanity: how to get everything you want without losing everything you are”
 - “Speaking of Speaking: You can be a great speaker”
 - “One Stone At A Time: Reenergize your T'ai Chi practice”
 - “Coming Full Circle: Everyone’s guide to the ancient wisdom of T'ai Chi”
- T'ai Chi and Chi Gung instructor and produced the DVD “Chi Gung in Ten Gestures”.
- Station Manager for KAWB-TV, Lakeland Public Television.

Other notes:

- Professional speaker since 1995
- Owns Easy Street Productions – voiceovers, commercials and narrations for radio, TV, videos, telephone and audiobooks.
- Member of Rotary and Toastmasters
- Station Manager for KAWB – TV, Lakeland Public Television.
- Hobbies: Bicycling, sailing, travel
- Lives on Easy Street. Yes, there is an Easy Street, but we don't tell people where it is.