

## 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.
- Instructor for Voices For All. Training for voice actors.
- Member of Rotary and Toastmasters
- Station Manager for KAWB – TV, Lakeland Public Television.
- Hobbies: Bicycling, kayaking, sailing, travel
- Lives on Easy Street. Yes, there is an Easy Street, but we don't tell people where it is.