

AJ GIBSON

TV Host • Author • Speaker



AJ has worked with...



blommingdales



GBTA



MPI

Deloitte.

HFPA.



PASPA

"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.ajgibson.tv.com



Talk #2: YOUR FUTURE IS NOW: Living Beyond Your Current Reality!

Growing up a small town Ohio boy, AJ left behind the only life he'd ever known to reinvent himself in the entertainment capital of the world. What is life without a little adventure?

In this talk, AJ share stories of his time on the ABC reality show "Expedition Impossible" and the exhilarating and profound lessons he learned along the way; leaning into fear of the unknown, embracing the journey and so much more! These experiences gave him the courage to create a successful career in Hollywood as a television host.

AJ takes attendees through the mindset shifts he had to not only endure, but fully embrace in order to show them how to live beyond their current reality. It's amazing what a subtle shift in perception can do!

Attendees will learn...

- ✓ How to tap into their instincts and trust themselves the way they did before life got complicated.
- ✓ The difference between healthy fear and the type of fear they need to embrace with open arms!
- ✓ The importance of connecting with others and going on this journey together.

Why Book AJ For Your Next Event:

- ✓ He's an expert at failing and bouncing back; he speaks from experience and proven results.
- ✓ AJ embraces vulnerability in a way that creates a safe space for attendees to explore their own personal fears and perceived shortcomings.
- ✓ Attendees leave with tangible methods for managing stress and overwhelm.
- ✓ Through his successful coaching techniques, AJ offers attendees fresh perspective on finding opportunities in the midst of a challenge.

What People Are Saying About AJ:

"AJ is that rare combination of talent and kindness, with an unparalleled gift for teaching. With his on-camera expertise and knowledge of the business, having AJ as a guest speaker is always a highlight of our classes!"

-Suzanne Sena, Host/Anchor, Founder, Sena-Series Media Training

"He was charming, poignant and we could not have asked for more! His energy truly contributed to the success of the event. AJ shared personal anecdotes that related to the ADL's work as well as brought a level of warmth to the evening as he related to many of the honorees and speakers. It was clear that the ADL's mission is one near and dear to his heart."

-Maggie Howards, Director of Development, The Anti-Defamation League



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