

Al Lee – Bio and Description

My Work

Simply put, I show individuals and organizations how to get better results. And not just better results, but sustainable results. The good news is that you don't have to turn your world upside down to get these benefits. I focus on showing you how to make small changes that can yield dramatic results.

Based on cutting edge science and the latest research in human performance, these powerful, practical, principles and techniques can open the door to new levels of performance for both you and your team.



My programs combine energy management, conscious breathing, life-work planning, and process improvement principles to provide you and your organization with powerful and practical techniques that will help you access untapped energy and creativity in a sustainable fashion.

About Me

My unique professional experience spans the demanding pressure cooker of high tech engineering and executive management, the focused intention of martial arts, the creativity of music, and the regenerative powers of yoga, and meditation.

In each of these roles, I have learned how to improve my creativity, effectiveness, stamina, and leadership using powerful techniques for improving personal performance.

My extensive personal experience and knowledge is augmented with years of research and scores of interviews I have conducted with experts and peak performers in the fields of health and healing, sports, performing arts, and emotional well-being while researching my recently released book “Perfect Breathing: Transform Your Life One Breath at a Time” (Sterling Publishing, 2009).

I earned a degree in Electrical Engineering from the University of Washington and played key executive roles in several companies that pioneered technologies for selling and distributing digital music and video over the internet. I am also certified in Life/Work Planning.

In addition, I am accomplished musician and songwriter, a Traditional Okinawan Karate instructor of more than 25 years, a board member and past-president of the ALS Association of Oregon (Lou Gehrig's disease), and past president of the National Speakers Association – Oregon Chapter.

My mission is to show individuals and organizations how to achieve the higher levels of sustainable performance and achievement that go hand in hand with improved health and a better quality of life.