



Alex Sheen's father died of small cell lung cancer on September 4th, 2012. His father was good with his promises, so Alex titled his father's eulogy "because I said I would" and created the promise card in his memory. Eventually, Alex would decide to resign from his corporate position in order to advance because I said I would's mission.

Alex Sheen now works to better of humanity through the importance of a promise in what little ways he can. It started by waking up early before going to work and handwriting letters to people thanking them for requesting promise cards. This dedication continued to develop as he began fulfilling charitable promises. These promises include getting 100 tickets to Disneyland for children with cancer and walking 245 miles across the entire state of Ohio in 10 days to raise awareness for the victims of sexual violence (a promise he made to Amanda Berry, Gina DeJesus, and Michelle Knight). Alex now gives speeches on behalf of because I said I would in order to fund the work of this nonprofit organization.

As one of the foremost experts on promises and commitment, Alex is a four-time TEDxTalk speaker, author, podcast host and internationally-recognized humanitarian. While known most for inspirational keynotes (both live and web speeches), Alex also leads Leadership Development Workshops. By combining research and philosophy, Alex shares the habits and tactics that make it easier to keep promises.

Alex Sheen was born in Toledo, Ohio and was raised in Powell, Ohio. He graduated from Olentangy High School in 2003 and continued his academic career at Ohio University as a proud Bobcat where he received his B.B.A. in Marketing. In 2007, Alex moved to Lakewood, Ohio where he currently re...

## Testimonials

His message would motivate all ages to 'Do what you can, with what you have' - if you have not heard him speak, BOOK HIM NOW!

- SOUTHEASTERN UNIVERSITY.

From top to bottom, our staff have because I said I would cards taped, tacked and displayed in cubicles and offices to showcase how we have made and kept commitments. We have Alex to thank for that.

- CEO, Philadelphia 76ers, New Jersey Devils & Prudential Center.

### Alex Sheen

#### Speech Topics

- Youth
- TED Talks
- Personal Growth
- Motivation
- Inspiration
- Happiness

