



Alexander Lang

Professional Speaker and Storyteller

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Biography

Alexander Lang grew up in Virginia and attended Rice University on a NCAA Division I swimming scholarship, Oxford University and Princeton Theological Seminary. A former PC(USA) pastor, Alex worked in church ministry for 20 years. Known for his distinctive style of blending culture, science and philosophy into his messages, Alex led a 1000-member church comprised of people from all over the Chicago-land area.



Since leaving the church, Alex has transitioned into speaking at corporate events and industry conferences where he draws on his experience of leadership, team management and cultural change to craft messages that instruct, inspire and transform. Alex's skill with storytelling and media allows him to create unique presentations that capture the audience's attention. Alex's goal is for everyone to walk away with a deeper understanding of the topic and themselves.

Alex is the author of three books: *Restorative Faith*, *Restorative Beauty*, and the children's book, *The Forest*. Alex's Restorative Faith website (www.restorativefaith.org), blog and podcast have garnered more than 450,000 views. As a result, Alex is a sought-after voice both inside and outside of religious communities.

Alex is also a filmmaker whose feature film *Shadows* (2008) won Best in Show in a regional film festival. Alex's interests include bodybuilding and deep conversation with people who want to dig into the most complex issues we face as humans. When he's not speaking, lifting weights, working on books, podcasts or short films, Alex enjoys spending time with his wife and two sons.

Contact

If you are interested in booking Alex for your next conference, please visit his website, call or email:

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Presentation Topics

Leadership

Courageous Leadership

Being a leader is incredibly challenging. A lot of responsibility falls on your shoulders. You are continuously called upon to make difficult decisions. What is the best way to navigate those decisions when they determine the future of your company? How do you choose the best path forward when every path has consequences and drawbacks?

In this talk, we discuss the stressors that fall on leaders and how those stressors can lead to bad decisions. Bolstered by historical examples of business leaders in numerous industries, these innovators and entrepreneurs found success through acts of courageous leadership. Each story conveys a unique lesson that will not only help the leaders of your organization be more effective decision makers, but will also help them to create an environment where everyone is striving towards their potential.

Thinking Partners

A recurring problem among leaders in many organizations is the tendency to fall prey to “group think”. People reporting to a leader become afraid of challenging them. When a leader proposes a solution and the workplace culture never questions or vets the decisions, that organization will eventually stagnate.

Good leaders need someone who challenges their perspectives and directives. Likewise, good leaders are willing to challenge others in their organization to think differently. In this talk, we will explore how to create a culture of open dialogue where leaders are given the tools to empower *Thinking Partners*: People within the organization who will help leaders innovate through strategic dialogue.

The Art of Critique

Everyone has areas where they can improve. As a leader, you are often called upon to provide feedback to those whom you supervise. The problem with providing feedback is that no one likes to be criticized. Yet, being able to hear criticism is essential for our growth as individuals and the long-term success of our organization.

In this talk, we discuss how leaders can create an organizational culture where the feedback loop is not only appreciated, but encouraged and welcomed by employees. We will also cover various methods for providing structured feedback so that these critiques are heard and implemented. Whether dealing specifically with executives, managers, or employees below the managerial level, this talk is helpful for your entire organization.

Personal Growth

Overcoming Imposter Syndrome

Have you ever been in a room full of your colleagues and felt like everyone belonged there except you? You try to fit in, but you worry that, at some point, they'll discover the truth: You're not as qualified as everyone assumes you are! You've worked so hard to get into the room, but once you're exposed as a fraud, you'll be ostracized and kicked out.

What we don't realize is that even those who appear supremely confident in their abilities often harbor the greatest doubts. Why do so many of us struggle with feelings of inadequacy? Why are we prone to underestimate our abilities? In this talk, we explore the psychology behind imposter syndrome, how it inhibits our ability to reach our potential and the strategies we can employ to overcome those thoughts and feelings.

Changing from the Inside Out

Have you ever worked hard to change something you didn't like about yourself? Maybe you wanted to lose weight; maybe you were drinking too much; maybe you wanted to curb your spending habits; whatever the change, it was a *struggle* to transform your habits and embrace a new normal.

Very often, when we attempt to change our behaviors, we neglect to ask a fundamental question: Where did these bad habits originate? Often, when we change a behavior, we are addressing a symptom of the problem rather than the cause. In this talk, we explore the root cause of how behaviors manifest in our lives; methods to address those issues; and the most effective ways to change our behaviors to become the best person we can be.

The Box

When we are growing up, most of us are told that we can do anything that we set our mind towards. Our teachers tell us that, if we do well in school, we could be the next president, an astronaut, or a brain surgeon. By high school, most of us discover we are not destined for any of those occupations. We adjust our expectations to achieve something more within our abilities.

Yet, this realization that we can't do *anything* we set our mind towards can seriously undermine our ability to reach our potential. When we place ourselves inside of a box, we place limits on ourselves without even realizing we're doing so. In this talk, we discuss how negative expectations of ourselves defeat our potential for growth. Moreover, we explore strategies to expand our horizons so that we can break free of the box we've built for ourselves.

Workplace Dynamics

Trigger Happy

In our work environments, we interact with numerous personalities. Some of these personalities are pleasant and easy to navigate while others test our patience. Indeed, there are some personalities that trigger the worst in us. Not only do we find working with these people cumbersome and challenging, but their personalities negatively impact our working environment.

What is the underlying cause of these triggering relationships? Most importantly, how do we effectively navigate these relationships so that both people can fulfill their roles without undo friction? Utilizing insights from Systems Theory and personal anecdotes from working in large organizations, this talk is designed to leave the listener with practical tools to enhance their workplace environment and interpersonal relationships.

Overcoming the Communication Chasm

Effective communication is one of the most important keys to fulfilling relationships, yet many people struggle to convey their thoughts in a clear and concise manner. Often, we lack the proper organization and vocabulary, which can result in frustration, misinterpretation, and sometimes, total misunderstanding.

After hundreds of speeches, I have discovered several simple communication techniques that will instill confidence that your message is landing with your audience. Whether you're giving a presentation, a speech, teaching a class, or simply writing an email, this talk will enhance your communication skills so that the communication chasm no longer inhibits your ability to successfully disseminate your ideas.

The Benefits of Conflict

Most humans naturally avoid conflict. An argument between two people will often clear a room because the emotional discomfort is too intense for the observers. The idea of confrontation is so anxiety inducing that many people avoid these hard conversations. Yet, what is often overlooked about conflict is the opportunity for learning and growth.

A point of friction means that we can learn about what really matters to ourselves and others. This journey of discovery is essential to enjoying success in our personal and professional lives. In this talk, we explore strategies of conflict resolution and compromise that will allow for both parties to feel heard and appreciated. Whether you employ these strategies at work or home, they will transform your relationships, ensuring your mental and emotional well-being.

Inspirational/Motivational

Stepping into the Future

Victor Frankl is famous for writing *Man's Search for Meaning*. But did you know that this seminal book on psychology came very close to never being published? There was a pivotal moment during his imprisonment when Frankl was on the brink of death. What gave him the ability to survive that moment was not a fellow inmate or inner strength, but a vision of the future.

We often speak about the idea that the past determines the present. Your genes, the environment in which you were raised, and your life choices all influence the person who you are now. But have you ever considered the possibility that the future can influence the present? Through the story of Victor Frankl, we discuss how visions of our future selves are powerful tools that allow us to transform our present reality.

The Need for Failure

Humans are able to learn a lot from failure. Indeed, our failures are able to teach us more in life than our successes. Unfortunately, we now live in a society where failure is no longer seen as an asset. In sports, every child is given an award for participation. In education, students are allowed to take tests again and again until they get the grade they want.

Thomas Edison spoke about how many of his failures were seeds that gave him ideas for other inventions. It was because Edison was willing to fail that he ultimately became successful. Progress is the accumulation of failure until that failure produces something original. Our aversion to failure is a big reason why America is lagging in innovation. In this talk, we explore the ways businesses and companies can encourage creativity and failure while also looking out for the bottom line.

Moral Memory

Why do humans tell stories about their lives? The most common reason is to convey memories from our past. We tell these stories to entertain, instruct, and enlighten. Most of these stories will be forgotten with time, however, there are some stories that deserve to be told in perpetuity; passed down from one generation to the next and never forgotten.

These stories fall into the category of moral memory: A story so important that we have a moral obligation to never let it die. In this talk, we explore moral memories that have impacted human civilization and how to identify stories from our own lives that deserve to never be forgotten. A unique aspect of this talk is that Alex offers to come in ahead of time and film the members of your organization telling stories of their moral memories, which are then interspersed throughout the talk.

Request a Specialized Talk

Don't see what you're looking for? If there is a topic that your organization wants covered at a conference, don't hesitate to contact Alex and ask if he can construct a talk for your specialized needs. Alex has spent years performing research for hundreds of speeches and presentations. As a life-long learner, Alex always welcomes the opportunity to venture into new areas of knowledge that require study and preparation.

That said, if Alex feels he does not possess the necessary background to speak persuasively on the topic you desire, he will defer to other experts who could provide a better in-depth presentation. Either way, Alex wants to help you find the right content for your next conference!