

# **Guy Joseph Ale, DBA**

**President at Lifespan Seminar**

Beverly Hills, CA, US

Holistic Health Expert | Award Winning Speaker and Coach | President, Lifespan Seminar | VP, Asia Pacific Association of Psychology

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## **Biography**

Guy is a world renowned authority in the field of human lifespan. Since 1992, his primary research has been the scientific, spiritual, behavioral, and evolutionary aspects of the awareness that we can sense how long we can live and the practical applications of this insight in daily circumstances. Guy received the Eminent in Psychological Science Award at the International Conference on Psychology 2011 in recognition of invaluable contributions for the benefit of humanity. Guy is the Founding President of Lifespan Seminar, which received the "BEST OF BEVERLY HILLS AWARD" in Health and Wellness Workshops last four years in a row, and the "BEST OF LOS ANGELES BUSINESSES AWARD" in the Life Coach category last three years in a row. In Hollywood, Guy is affectionately known as the Life Coach for the Stars. Guy is an Esteemed Council Member of the International Council of Professional Therapists. He teaches and conducts workshops in USA, Europe and Asia. Guy is the author of A MANUAL FOR MASTERING YOUR LIFE, and the upcoming LIVE YOUR LONGEST LIFE: Discover Practical Tools to Realize Your Lifespan Potential. To contact Guy for speaking or training, please email [info@LifespanSeminar.com](mailto:info@LifespanSeminar.com), or call (323) 445-9073.

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## **Availability**

Keynote, Panelist, Workshop, Corporate Training

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## **Industry Expertise**

Health Care - Services, Health and Wellness

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## **Areas of Expertise**

Holistic Health, Mind/Body, Mindfulness, Stress Management, Aging, Nutrition, Life-Work Balance, Longevity

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## **Affiliations**

Lifespan Seminar, Asia Pacific Association of Psychology, Chamber of Chartered Behavioral Scientists, International Council of Professional Therapists

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## **Sample Talks**

### **Best Version of Yourself at Every Age**

- Latest insights in the emerging fields of neuroplasticity and epigenetics show that you don't need to see yourself as declining in health as you age. Rather, you are making choices that enable you to be the best version of yourself at every age - Your health begins in your mind - This program provides practical tools on how to create the conditions where you can be the best version of yourself today, tomorrow, and looking forward - - A healthy 85-year old active and engaged in life

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### **Event Appearances**

#### **Optimizing Lifespan Potential**

"Toward a Science of Consciousness" Conference

#### **Goodwill Ambassadorship acceptance speech**

Sri Lanka United Nations Friendship Organization

#### **Mastering Your Lifespan Potential**

International Conference on Psychology 2011

#### **Balancing Art & Health**

Wellness workshop for artists

#### **Self-management Skills for Staff**

Workshops at Planet Home Remodeling Corporation

#### **BALANCING ACTing and Health**

Workshops for actors

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### **Accomplishments**

#### **Doctorate in Counseling Psychology (honoris causa)**

Young Scientists University, "in recognition of his findings and contributions made so far to the field of human lifespan."

#### **Eminent in Psychological Science Award**

International Conference on Psychology 2011, "in recognition and appreciation of invaluable contributions for the benefit of humanity."

#### **Goodwill Ambassador**

Sri Lanka - United Nations Friendship Organization

#### **Esteemed Council Member**

International Council of Professional Therapists. ICPT is an International Licensing, Registering, and Accrediting Body of Therapists and Universities.

## **2014 Top Ranked U.S. Executive**

The National Council of American Executives has honored Guy as a 2014 Top Ranked U.S. Executive.

## **BEST OF BEVERLY HILLS AWARD in Health and Wellness Workshops**

The Beverly Hills, CA, Awards Program has honored Lifespan Seminar with the BEST OF BEVERLY HILLS AWARD in Health and Wellness Workshops, for two years in a row, 2013 and 2014.

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## **Testimonials**

### **Prof. Lakshman Madurasinghe**

"Guy is an extremely talented insightful professional who has introduced a major system to sense the lifespan potential and develop habits and patterns that would make this a reality. I found his insights shared at the Java World Congress very fascinating. I am sure his powerful presentations and skillful approach will be a benefit to many. I will be happy to see these techniques being shared with many people worldwide to help people regain a balance and live optimal lives."

### **David Samson**

"Guy has an extraordinary perspective on the value and potential of life, and anyone consulting with him or attending his seminars will not only be moved, but moved to take action. He is one of those rare individuals who can point out the possibilities to people that they may have never even considered. I cannot recommend his outstanding services highly enough."

### **Prof. Erantha De Mel**

"Dear Guy, I see you as a 'change-agent', helping people to change their lives. You are engaged in the noble task of empowering individuals to reach their full potential by understanding the structure of their lives. More than anything else, it is meritorious deed."

### **Warren Lanier Jr.**

"Guy, your Lifespan Seminar has certainly become one of the highlights of both my professional and personal life this year. One of the many benefits of participating (not just attending) your workshops, is learning and adopting several practical, do-able and profound ways to communicate with myself and with others. From a professional perspective I am now able to more effectively provide the information, products and services to past, present and future clients and customers. From a personal perspective I am able to 'tap into' the infinite resources available to me that keep me balanced, focused and centered. Like fine art, good wine and moments to remember, your Lifespan Seminar only gets better with time."

### **Vedaravi Shangar**

"Mr. Ale, during your lecture about Optimizing Lifespan Potential [as opening keynote address at the International Conference on Psychology 2011], every point very clear, sharp, short, sweet. At present your knowledge is wanted for leadership for this world. Our foundation gives full support and positive energy to you and your endeavor."

**Dr. David Tuffley**

"This is simple big-picture stuff. Rare to find in an increasingly complicated world. Reminds me of Einstein's great saying that 'the simpler the truth, the more simply it can be expressed.'"

**Dr. Peeyush Verma**

"I am impressed by the lecture of Mr. Ale. I am confident that this research is vital to change the very definition of human life and management of human life."

**Toni Bellafonte**

"I am a 48-year old African-American woman who comes from a family of overachievers, always striving to be my best at whatever endeavor I choose, thus leaving me often stressed and ill at ease. Although I may have reached whatever goal I set to myself, the price I paid always left me drained of energy and not knowing how to enjoy life. Fortunately, I've been introduced to Mr. Ale and his simple teachings. I didn't know about such things as breathing and meditation but I have since learned. Mr. Ale opened my mind as well as my eyes, and now I feel more enriched for it. It's ironic how much better I feel about myself and more accepting of those around me, thus making me feel more well-rounded and at peace with myself."

**Dr. H. R. S. Keerthisinghe**

"With great pleasure we place your good name as the First Keynote speaker of the International Conference on Psychology and Allied Professions (ICPAP) 2011. Your vast knowledge and experience would definitely contribute a lot not only for success of the ICPAP but at very large to the whole human family."

**Dr. Aspasia Peppas**

"It was a delight for me to be associated with Guy at the recent Java World Congress at which he was a keynote speaker. I was impressed with his approach to sense lifespan and adjust ourselves to achieve this goal. Being a member of 'Global perceptiveness' in Greece, which helps develop perceptiveness as opposed to perception, I was able to immediately see connections on how we sense at deeper levels and not always by what we see and hear. Guy's contributions will be a valuable asset to all."

**Dr. Hans Vischjager**

Guy Joseph Ale is the most invigorated person I have met in a long time. As director of Lifespan Seminar he has been able to enlighten so many people to a new way of living. Anyone who follows his way of teaching will be able to live a very long life in the best of healthy conditions.

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