

Seattle Speaker

Craig Sigl, "Mr. Energy", Will Teach You How To Achieve and Maintain Your Ideal Weight, Relieve Stress, and Turbocharge Your Energy Level

Craig Sigl a veteran of radio and stage, is an electric, energetic speaker. He wows his audience with tales of far off places and cultures to show us that the human mind and body are capable of far greater feats than most of us thought possible.

You will hear about normal folks who have tapped into that 90% potential power of our mind that you read about so often.

You can just tell that he loves to speak and connect with his audience as he passionately describes the power that each of us has to increase our energy and health to fully live our lives.

This is a speaker that understands folks from his experiences working with folks one-on-one in his therapy practice in Bellevue, Wa.

Talking about weight loss, emotions and the mind/body connection is usually a boring affair if you've heard most speakers in this field. Craig takes the topic and makes it so interesting and relevant that you can't wait to hear what comes next minute by minute.

In his fun, entertaining style and with a big smile, he gives you practical, step-by-step action steps that you can take to improve your life that day. He will open your heart and mind to new possibility. He will give you hope!

Book Mr. Energy at your next speaking event. 425-205-0024
Main stage speaker 2007 NW Women's Show {flv}nwwomensshow1{/flv}
{flv}nwwomensshow2{/flv}

Recent Speaking Samples

Chat With Women Radio Show, Nov 16th 07

Hypnosis Health Radio Show Nov 6 07

Night Ride Radio Show May 07

Affirmations Queen Radio Show, June 07

Wayne and Jayne Radio Show April 07

"I find you absolutely delightful...you also are very knowledgeable and I find what we talk about is very interesting"Dr. Anne Marie Evers, Radio Show Host, Vancouver B.C."Watching Craig train and speak is one of the most electrifying experiences I have had"Andrew Nicholson, Corporate Trainer, Seattle WA "I would highly recommend Craig Sigl as a motivational and mental toughness speaker."Christine Bergland, Columbia Basin College Coach, Pasco WA Speakers are a dime a dozen, until you have the pleasure to be inspired by Craig Sigl... " Mr. Energy". Always insightful and knowledgeable, his presentations will energize you and motivate you to create a new positive direction with your life. This man knows how to explode you out of your rut, propelling you to meet your potential. A few hours with him is like being supercharged to succeed in all your endeavors, hopes and dreams. I love this guy! Tanja Diamond, International Sex & Relationship Trainer, Seattle Wa www.sexualtransformations.com "Craig has a way of talking to you that makes you trust him and you know he will help you solve your problems. I know others will experience the same positive results." Sue Larson, Federal Way, Wa Qualifications

15+ years of Personnel Training, Facilitating and Presentations in a Fortune 500 Corporation

Association for Integrative Psychology- Certified Trainer

Toastmasters: CT-level speaker and former President of Richland Toastmasters club

2007 Golf Show - Main stage clinic presenter

2007 Northwest Women's Show - Main stage speaker

2007 Body Mind Spirit presenter

DiscoverU.org instructor

Eastside Business Journal Columnist

Craig has spoken, trained or presented at a number of corporate sales meetings, sports teams, events and fraternal organizations.

Call 425-205-0024 to book Craig at your group event