## **REX CONNER INTRODUCTION**

Rex Conner is a best-in-class Keynote Speaker and a recognized expert on peak human performance and work-life integration.

He's also a best-selling author of the books "What If Common Sense Was Common Practice in Business?" and "Create the Life You Crave".

Rex has delivered thousands of presentations to organizations for business leaders around the world. Drawing on his extensive experience as an instructor pilot in the U.S. Air Force, trainer, and advisor to top organizations and as a consultant and entrepreneur in the field of human performance.

Today, Rex will help *us decern how to create the things we crave!*Help me welcome, Rex Conner.