



# DR. ALLEN LYCKA

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The Famous *Unshakeable*<sup>™</sup> Dr. AL

Award-Winning Speaker • 3X International Bestselling Author • Global Resilience Authority

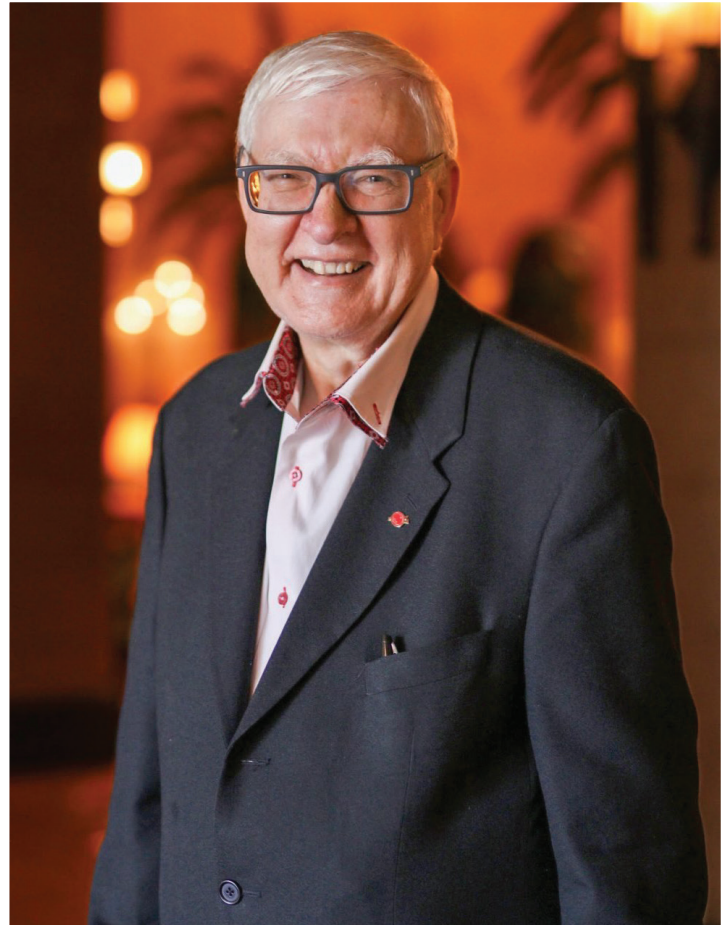
He Doesn't Just Talk About Transformation – He Embodies It Dr. Allen S. Lycka is living proof you can defy the odds, rewrite your story, and inspire millions to do the same. Once a world-leading cosmetic surgeon, he overcame a terminal ALS diagnosis in 2003 and turned his second chance into a mission to teach Unshakeable™ resilience, happiness, and how to live a truly fantastic life.

## Transformational Experiences (KEYNOTES AND WORKSHOPS)

- Unshakeable™ Leadership: Mastering Resilience In Turbulent Times
- The Unshakeable™ Happiness Advantage
- Unshakeable™ Tenacity: Managing Chaotic Times
- Unshakeable™ Reconnection: Redefining Your Why With Passion, Purpose & Possibility
- Unshakeable™ Success: The Other Side Of Fear (For Students)
- Unshakeable™ Mindset: Unloading Your Backpack (For Students)
- Custom Made To Make Your Event Unforgettable
- Transformational Experiences (Keynotes And Workshops)

## International Best-Selling Author

- The Secrets to Living a Fantastic Life - Foreword by Jack Canfield (NYT #1 Bestseller)
- Pillars of Success with Jack Canfield
- BLU Volume 1 with Corey Poirier
- Rule the Game - How Authority Marketing Leads the Pack
- Unshakeable™ Leadership Quotes
- Unshakeable™ Motivational Quotes
- Unshakeable™ Leadership (Soon to be published)



## Trusted Global Authority

- Multiple Award-winning speaker & mentor - Speaker, Mentor & Author of the Year 2024 (IAOTP).
- 3X International Bestselling Author - igniting lasting change worldwide.
- 2X TEDx Speaker - turning life lessons into practical action.
- Media Powerhouse - featured on ABC, FOX, CBS, NBC, CTV, Global, Roku, and Brushwood Media Network across 200+ channels and 2,000+ podcasts, reaching 100M+ people.
- Host & Executive Producer of Live with The Famous Dr. AL with 7M+ monthly listeners.





## A World-Stage Presence

From the Nasdaq Billboard in Times Square to Harvard, UCLA, and the UN-affiliated University for Peace in Costa Rica, Dr. Lycka's keynotes light up conferences, boardrooms, and summits across North America.

## A Dynamic Message That Moves

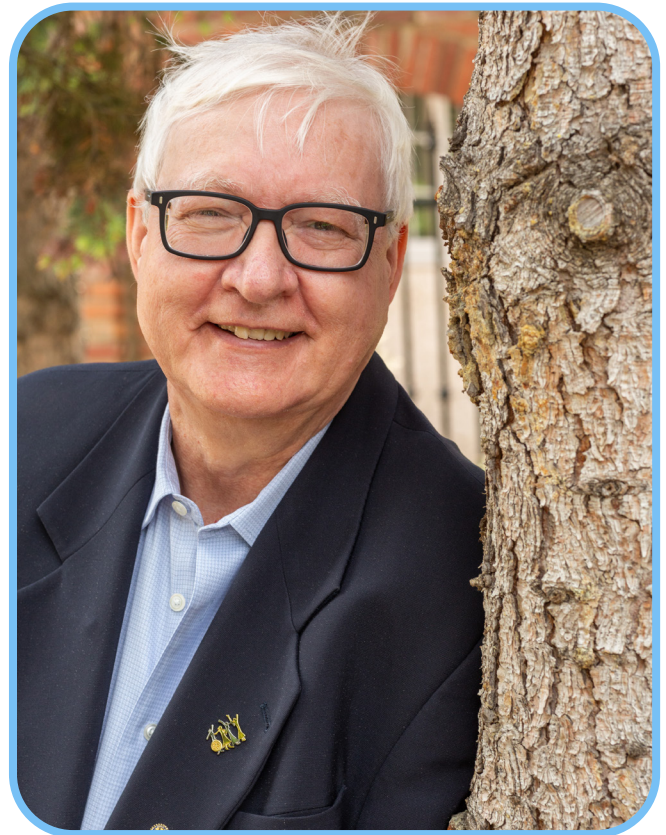
Through bestselling books, transformative speeches, and his syndicated show, Dr. Lycka empowers audiences to lead with: Passion, Positivity, Purpose, Possibilities and Potential (The 5 P's for an unshakeable, fulfilled life)

## One Powerful Takeaway

Audiences walk away with a real blueprint for becoming Unshakeable™, no matter what life throws at them.

Book Dr. AL NOW for your next event and show your audience to unlock resilience, happiness, and unstoppable potential and make your next event U N S H A K E A B L E ™

**Tami@lycka.ca • 844.936.3362**



## Unleashing the Power of Gratitude in Leadership

### Highlights

- Diagnosed with ALS in 2003
- Winner of 17 consecutive Consumers Choice Awards
- Top 100 Motivational Podcasts
- 100M+ Listeners

Former world-leading cosmetic dermatologist (30+ years)

Watch Dr. Allen's Show Reel Here



**vimeo**



# Testimonials



I had the privilege of hearing Dr. Allen Lycka's captivating talk at DisruptHR-KW, where he shed light on the pervasive issue of "quiet quitting" within companies. Dr. Lycka's insightful and thought-provoking presentation not only addressed the challenges that organizations face with disengaged employees and high turnover but also provided a compelling solution - emotional wellness training. His expertise in the field, coupled with his engaging delivery, made for an impactful presentation that left the audience inspired and equipped with practical strategies to disrupt the culture of quiet quitting. Dr. Lycka's commitment to helping employees succeed both professionally and personally is truly commendable. I highly recommend Dr. Allen Lycka as a speaker for any event focused on organizational well-being and employee engagement."

– Zdravko (Zee) Gunjevic



Dr. Allen Lycka is a speaker like no other. He brings a genuine warmth and sense of humor to his talks that makes the audience feel connected to his topic. I had the honor of working with him on a project called DisruptHR, in which he kicked off our first event with a 5-minute talk on disrupting employee disengagement. The crowd was left energized and raving about his presentation on a complicated subject. Not only does Dr. Allen Lycka possess an incredible stage presence, but his content is highly informative and thoughtprovoking. I would love to invite Dr. Allen Lycka back for future engagements, and would highly recommend him to anyone looking for a top notch speaker."

– Ashlynn Valdez  
Las Vegas



I had the distinct pleasure of working with Dr. Allen Lycka at the Sioux Falls Disrupt HR Event in April 2024. Dr. Lycka is truly a thought leader; he was "disrupting" common business practices long before it was on trend. Dr. Allen speaks with a sincere heart that only a lifetime of effort can produce. He is extremely engaging, practical and personal in his message- and dang he is funny! Dr. Lycka is everything I want to be when I grow up. Thank you for your message, your kindness and the good you bring to this world!"

– Liz Carlson  
Writer, Speaker, Coach Sioux Falls, SD



In my role as the Owner/CEO of HBL Resources, Inc., a full-service Human Resources Consulting practice, I founded National Management Training Week to bring national awareness to the need for better management training and preparedness in the workplace. Our speakers are selected because of their relevance to the soft skills required for managing the HUMAN element or some aspect of Human Transformation in the workplace. It is no wonder then, that Dr. Allen Lycka was selected for his session, The Power of Positivity in Your Business. It was a pleasure to work with Dr. Lycka, a consummate speaking professional. His session was deep yet relatable, thought provoking and transparent which is what we look for in our content. He engaged our participants, had them connected to his message and as the anchor speaker to a week-long event our attendees had glowing reviews. I highly recommend Dr. Lycka for your event, he was fun to work with, a true professional and an impactful speaker for our event. I am available if you need to contact me at 954-249-1202 for any questions or if seek."

– Lisa I. Perez SPHR, SHRM-SCP  
Owner/CEO HBL Resources, Inc.