

Alan Spector and Keith Lawrence

Keith Lawrence and Alan Spector have over 80 years business experience. Their careers:

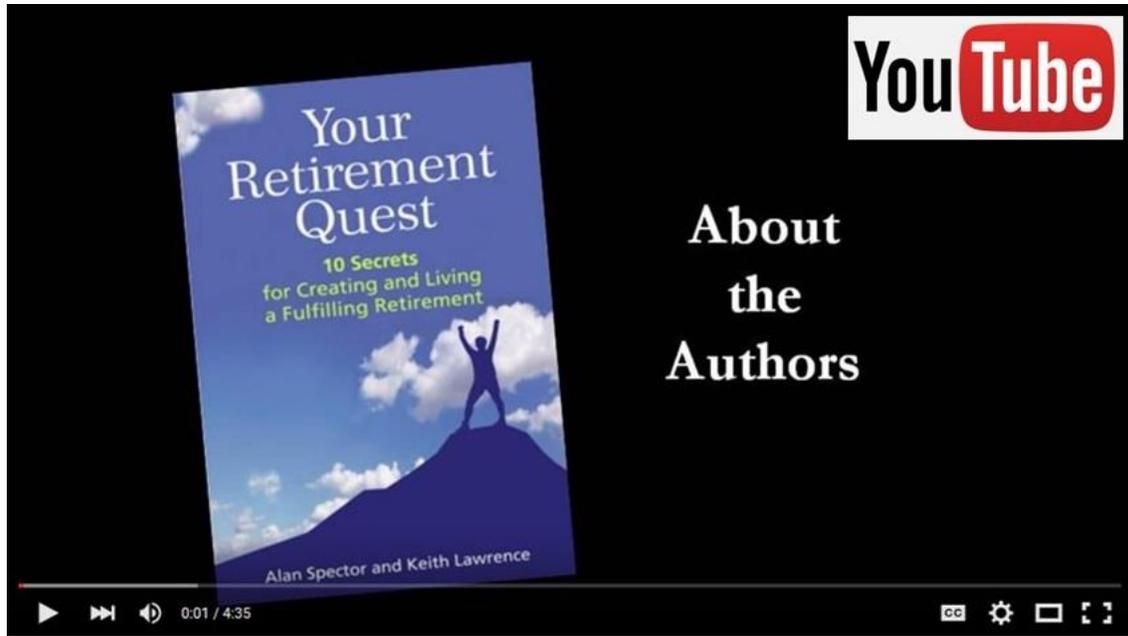
- ✓ have exposed them to hundreds of companies and non-profits across multiple industries
- ✓ included extensive international experience across all regions
- ✓ developed expertise in a number of business functions (i.e. Research & Development, Supply Chain, Human Resources, Quality Assurance)
- ✓ involved them in managing and facilitating acquisitions and divestitures, strategic planning, new plant startups, organization design, and leadership development
- ✓ enabled them to coach countless people from many walks of life

Between them, Keith and Alan have founded four successful companies, written or contributed to seven books, published numerous articles, guest lectured at universities and for many organizations, trained and presented to thousands of individuals, and been featured in media interviews, articles, webcasts, and podcasts.

Alan Spector retired from a 33-year career with the Procter & Gamble Company in 2002, as Director of Worldwide Quality Assurance, having begun “practicing retirement” five years before that. In retirement, Al pursues two of the passions of his youth, baseball and books. He continues to play baseball at age 70 and has coached his grandson’s team. Al has written and published five books (www.aaspector.com), including *Your Retirement Quest*, as well as numerous magazine and newspaper articles, and he is working on books six and seven. He also consults extensively for companies and non-profits, works out daily, is an active community volunteer, leads a mentoring program at the high school from which he graduated, has sat on several boards, and is an active blogger. Al and his wife, Ann, live in St. Louis, travel widely, and enjoy their four grandchildren.

Keith Lawrence has been a student of success for over 40 years, learning about how individuals, teams, and companies achieve their full potential. During his 32-year career at the Procter & Gamble Company, he traveled over three million miles to over 100 companies on his quest. Since “graduating” from P&G in 2009, he has consulted extensively, published several articles, spoken at numerous conferences, and sat on a number of boards and advisory councils. Keith is the catalyst for the book, *Your Retirement Quest*, and is one of the country’s few certified retirement coaches. His wife, Sue, and he live in Cincinnati, Ohio and enjoy spending time with their family, which is quickly growing with the arrival of grandchildren. He aggressively pursues his bucket list, strengthening his well-being, and giving back to others to make the worlds a better place.

Please see the About the Authors Video on the next page.



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