

## Alvin Day



Founder & Executive Director – **Global Empowerment Institute**

<https://www.alvinday.com>

**“I believe in possibilities and I believe in you.** Anything is possible if you’re a dreamer who wakes up and takes action. When head knowledge is combined with a burning, passionate *fire in the belly*, even average, ordinary people do extraordinary feats.” This belief guides all Alvin Day’s work with individuals and organizations.

Alvin is an Executive Leadership Coach, Keynote Speaker, Sales Coach and Author. His books include bestseller, *‘If Caterpillars Can Fly ~ So Can I,’ ‘Persuasion Power’* and others. He is Executive Director of Global Empowerment Institute, a premier coaching and empowerment company specializing in leadership development, employee engagement and personal empowerment.

His work has led to transformation in many lives and organizations. Some of these stories include: speaking at the West Palm Beach prison where an inmate subsequently changed his mind about killing a man; conducting a conference in Jamaica where a businesswoman decided against committing suicide; coaching Campbell’s Soup, Canada, resulting in \$25,000,000 of incremental revenue; a Florida businesswoman who, after reading *If Caterpillars Can Fly ~ So Can I*, doubles her income in 30 days.

For over 25 years, Alvin has served numerous corporate clients—from Campbell’s Soup and Colgate Palmolive to Pfizer, Nabisco, Valvoline, Pepsi, Bank of Jamaica and more. This has led him to work in Boston, Basseterre, Buenos Aires, Barcelona, Bangkok, Budapest, Beijing and beyond.

Alvin was born and raised in Jamaica, and has been married for over 42 years to Grace Tomlinson (an ISCF and IVCF alumnus).

Book Details

### **If Caterpillars Can Fly**

The book is available for purchase as an e-book and in paperback format on Amazon at

[https://www.amazon.com/If-Caterpillars-Can-Fly-Universal/dp/0972730486/ref=tmm\\_pap\\_swatch\\_0?encoding=UTF8&qid=&sr=](https://www.amazon.com/If-Caterpillars-Can-Fly-Universal/dp/0972730486/ref=tmm_pap_swatch_0?encoding=UTF8&qid=&sr=)