



# CHRIS M. SPRAGUE

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- ✓ TV Host, Director and Executive Producer
  - ✓ Personal Growth Visionary and International Transformation & Empowerment Ambassador
  - ✓ Author, Platform and Keynote Speaker
  - ✓ Founder: VideoContent.Agency ([VideoContent.Agency](http://VideoContent.Agency))
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- ✓ Founder: VCN TV (The Video Content Network) ([VCNTV.com](http://VCNTV.com))
  - ✓ Founder: ProCoachTV ([ProCoachTV.com](http://ProCoachTV.com) and [VCNTV.com/procoachtv/](http://VCNTV.com/procoachtv/))
  - ✓ Founder: The Professional Practice Builders Society ([PPBSociety.com](http://PPBSociety.com)).
  - ✓ Radio and television personality (a partial list of appearances can be found at [chrismsprague.com/media](http://chrismsprague.com/media))
  - ✓ Creator: *The Secret Blueprint to More* (\_\_\_\_ \*) ([TheSecretBlueprintToMore.com](http://TheSecretBlueprintToMore.com))
  - ✓ Shared the stage with – Joel Comm, Ken McArthur, Lori Ruff, Brian G. Johnson and John C. Maxwell to name a few.
  - ✓ Endorsements and testimonials can be found online: [linkedin.com/in/chrismsprague](http://linkedin.com/in/chrismsprague) and [chrismsprague.com/testimonials](http://chrismsprague.com/testimonials).

## CONTACT INFORMATION / SELCTED SOCIAL MEDIA LINKS

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(P): +1 855.746.4267 (W): [chrism sprague.com](http://chrismsprague.com) Bookings: [booking@sangnite.com](mailto:booking@sangnite.com)

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|-----------|--|-----------------------|
| YouTube:  | <a href="http://youtube.com/c/ChrisMSpragueTeam">youtube.com/c/ChrisMSpragueTeam</a>   | (My Channel)          |
|           | <a href="http://youtube.com/c/VCNTV">youtube.com/c/VCNTV</a>                           | (VCN TV)              |
|           | <a href="http://youtube.com/c/VideocontentAgency">youtube.com/c/VideocontentAgency</a> | (VideoContent.Agency) |
| Facebook: | <a href="http://facebook.com/Chris.M.Sprague">facebook.com/Chris.M.Sprague</a>         | (My Fan Page)         |
|           | <a href="http://facebook.com/videocontentnetwork">facebook.com/videocontentnetwork</a> | (VCN TV)              |
|           | <a href="http://facebook.com/videocontent.agency">facebook.com/videocontent.agency</a> | (VideoContent.Agency) |
| Twitter:  | <a href="http://twitter.com/Chris M Sprague">twitter.com/Chris M Sprague</a>           |                       |
| LinkedIn: | <a href="http://linkedin.com/in/chrismsprague">linkedin.com/in/chrismsprague</a>       |                       |

# SHORT BIO

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Chris M. Sprague has risen from the depths of despair, being broke, homeless and losing everything to being known as a dynamic keynote and platform speaker along with being recognized as a personal growth visionary for my work in helping people up-level their lives by Finding Their Zero Point and being featured in the Audvisor app alongside the likes of Seth Godin, Guy Kawasaki and Joel Comm. Chris has been studying what makes people tick for over 25 years and shares his knowledge in an approach that has been described as caring, straightforward and non-nonsense.

Chris is also the founder and creative force behind VCN TV (The Video Content Network), Pro Coach TV and VideoContent.Agency. He is a TV Show Host, Video Presence Mentor and Video Content Creation Expert. Chris has been creating video in one form or another for over 25 years and is a passionate student of all things video and content-related. Chris understands the nuances to content creation that will make your videos shine.

## TOP STANDARD QUESTIONS

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### Personal Growth

1. What is The Zero Point?
2. Why is it so important / what could we lose if we don't find our Zero Point?
3. How do we start finding our Zero Point?
4. What can we do if we hit negative things when finding our Zero Point?
5. Once we find our Zero Point, what do we do with it?

### Video Content

1. Why is video the place we should start our content creation efforts?
2. What is the easiest way to create content?
3. What is more important, for a video to be viral or for a video to be memorable?
4. Is there a system that will help us easily create great video content?
5. What's the one thing that most people should be doing in their videos?
6. What is the formula to a great video?