

Dana Hee - Biography



- **Olympic Gold Medalist** at the XXIV Olympiad in Seoul, Korea. Taekwondo (Demonstration Sport).
- **Hollywood Stuntwoman** in Batman movies, Independence Day, Lethal Weapon IV, Terminator III, Charlie's Angels, etc.
- **Motivational Speaker** for dozens of clients including Hewlett Packard, IBM, United Way, and United Airlines.
- **Double for leading actresses** including Nicole Kidman, Uma Thurman, Gwynneth Paltrow, Renee Russo, and Jennifer Garner.

Dana Lynn Hee is an Olympic Gold Medalist and is currently a film and television actress, as well as one of the top stuntwomen in the entertainment industry. Ms. Hee is also a noted writer, lecturer and television color commentator, and has an extensive background as a motivational speaker.

Dana Hee has been inspiring audiences ever since she won the gold medal in Taekwondo, at the 24th Olympic Games in Seoul, Korea. Her story proves that the will to succeed and the conviction to never give up is what creates success.

It's an understatement to say that Dana's childhood was hard. The child of divorced, alcoholic parents, she endured abuse, abandonment, and despair. The years of being passed back and forth between an orphanage, suicidal family members, halfway houses, a commune, government shelter, and finally a foster home, took their toll. Dana grew up to be a young woman with little self-esteem or self-confidence, and a huge fear of failure. To her, nothing seemed possible. It was as if the two words, 'I can't' were programmed into her mind, and she struggled to escape a lifelong habit of running from her fears.

One day, at age 25, Dana looked within herself for strength and determined to make a change. Armed with an ounce of courage, and a glimpse of hope, she set out to make a dream of hers come true. Through the agonizing, against-the-odds process of this struggle, she made the transformation from a shy, under-achieving, below-average young woman to an Olympic Gold Medalist with a new sense of self-esteem, and, finally, some hope for the future. Her story of how this happened - and the lessons you can take from it - are enough to inspire the most discouraged soul.

But Dana didn't stop there. She started accepting speaking engagements, then graduated to keynote speeches. She shifted from martial arts, to modeling, and then acting, before setting her sights on becoming a top Hollywood stuntwoman in the movie industry.

If this sounds easy, it wasn't. To this day, Dana battles self-doubts whose roots extend back to her youth. But she never quits. She competes successfully in the world's most challenging industries.

Now, after 14 years, thousands of stunts, more than ten dozen movies, and over 2520 days of pain, Dana has shed that 'I can't' attitude. She has learned that there are great rewards for coming face to face with her fears, whether they are emotional, physical, or just a figment of her imagination. Most of all, she now realizes how much easier it would have been for her to change her way of thinking and acting, a long time ago; if she had just had some inspiration, help, and guidelines.

So, at age 43, she is back in the business world, again sharing her secrets of success with others. After her experiences with the Olympics and now, in Hollywood, she feels her stories of facing fear, overcoming the odds, and building success repeatedly, to be a powerful help to others who may let doubt, fear and past atrocities hold them back in life. With her simple, straight-forward tools and guidelines, she helps people bridge the gap between dreams and reality, by showing them how to be more effective, positive, and focused. Dana's sincerity, warmth and passion are certain to inspire and delight any audience; and her stories of triumph and tragedy will help them face their own fears, goals, and futures with a little bit of courage.

Experience

MOTIVATIONAL SPEAKER - National and International (partial list)

CORPORATE CLIENTS

- IBM
- Hewlett Packard
- United Airlines
- United Way
- Sun Rider Corp.
- Emporium Capwell

PROMOTIONAL CAMPAIGNS

- Power Foods, Inc.
- United Way Kickoff
- United Airlines Campaign Spokeswoman
- Otomix
- Pro-Spec Inc.
- Alacer Corp.

COMMUNITY PROGRAMS

- No Against Drugs
- Pros for Kids
- National Education Seminars
- C.A.P.P.E.R.D.
- A.P.H.E.R.D.

MISCELLANEOUS

- Seminars
- Women's Groups
- Rotary Clubs
- Speakers' Groups
- School Programs

MASTER OF CEREMONIES

- San Francisco - Seoul (Korea) Sister City Fundraiser
- Olympic Sports Festival - Taekwondo

TELEVISION COLOR COMMENTATOR

- Local, National, and International Taekwondo Events