

# FORMER NFL PRO TURNED MOTIVATIONAL KEYNOTE SPEAKER



## JJ Birden

WWW.JJBIRDEN.COM

### BOOKING INFO CONTACT:

Shannyn Downey (888) 584-4177

Email: [info@JJBirden.com](mailto:info@JJBirden.com)

### Signature Keynotes:

- Seize Your Opportunities
- There BETTER be an "I" in Team!
- In Spite Of...
- Every Day is Game Day (College, High School, Athletes)

## JJ Birden: From Underdog to Alpha Dog

The average NFL career is less than two years. The average NFL player is 6'2, 245 pounds. JJ Birden played nine seasons at 5'10, 157 pounds. Talk about beating the odds.

JJ's engaging keynote presentations tell the story behind his success on the field, and explain how the mental skills and strategies that propelled him to the top of his game can help others succeed in business and in life—no matter how unlikely or unexpected success may seem. He skillfully explains how the lessons in his life apply to all arenas of life and demonstrates how achievable success really is for those who are hungry to win. JJ provides actionable insights that empower leaders to solve some of the biggest organizational problems, including:

- Low team morale
- High employee turnover
- Work environment and company culture
- Lack of strategic planning
- Poor strategy execution
- Decreasing or stagnant productivity
- Shrinking margins and increasing competition

Inspire your team, elevate their performance, and motivate the workers of today to become the leaders of tomorrow. Book JJ Birden and unlock the full potential of human performance within your organization.

JJ is now a best-selling author with the release of his first book, **"When Opportunity Knocks 8 Surefire Ways to Take Advantage!"**

### What clients have said about JJ:

*"You were highly motivational and communicated with our financial advisors in a way that they connected with. Your humanity, compassion, and enthusiasm really come through in your presentation and it's clearly one of the best I've seen. I was at a dinner party Saturday night and 2 people were talking about your presentation, even though it was several months ago. Thank you so much for the positive impact you've had on our people!"* - Kent Baker, **Merrill Lynch of Overland Park KS**

*Our office had the pleasure of hosting JJ Birden for a lunch presentation. His message was impactful, direct, and relative to all of our employees. He weaves stories from his athletic life and blends it with his business acumen to deliver a presentation that is consumable and enjoyable to a wide audience of people. In addition, he and his wife are kind and responsive individuals. So if you have a group of employees, students, athletes (really his message can work for any group) I would highly recommend JJ to speak at your next event.*

- Douglas Adams, **Vice President Morgan Stanley**

*JJ was very easy to work with and completely understood our ultimate objective. He connected so well with our audience he had a line for over an hour of people waiting to purchase his book, and thank him. What I appreciated the most was that he was so gracious with each attendee that came to the table to speak him.* - Amanda Avila, **Events Manager**

**Orangetheory Fitness**

