

SEIZE YOUR OPPORTUNITIES

www.JJBirden.com

A natural born speaker, JJ has the ability to touch the hearts of his audience. He not only motivates but also moves listeners to action by offering sensible and successful ways to perform at the highest level. He's passionate about helping others seize their opportunities in life. He incorporates the perfect balance of a refreshing presentation mixed with real life experiences of a husband, father, entrepreneur, best-selling author and professional athlete. In any given presentation, he could be sharing lessons from experiences through being bussed outside his neighborhood to segregated schools in an upper-class suburb area. Unexpectedly adding his sister's five children to their family, the doubts that circulated as a small man (5'10 and 157 lbs) entering a big man's game (the NFL) or perhaps lessons he learned from the greatest quarterback to play the game: Joe Montana.

"You Must Seize the Opportunity" focuses on the individual and what they must do for success. While sharing life lessons, former NFL player JJ Birden emphasizes the importance of a champion's mindset to be a high performer, as well as being methodical and precise in your work habits. JJ says, "Success is not going to be given to you, you have to go get it!"



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Speaking events &
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JJ Birden represents the very best that every coach and team member wants on their team-reliable, responsible and relentless! JJ had the rare quality as a teammate to elevate the performance of all the players around him both on and off the field.

His commitment to his performance on every single play was remarkable. While not the biggest of receivers, JJ used his great quickness and sure hands to produce countless "big plays" for our offense. JJ personified the principle-it is not the size of the man, but the size of his heart that will produce success in any type of competition!

JJ has shown time and time again in his football play on the field and in the manner in which he lives his life after his football career, that he has a total and pure understanding of how to take advantage of every opportunity that has been presented to him and how to turn it into a successful endeavor!

*- Coach Marty Schottenheimer
FORMER HEAD COACH - KANSAS CITY CHIEFS*

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 Morqan Stanley

We couldn't have asked for a better motivator for our End of Season Celebration. JJ Birden truly inspired the kids in the Arizona RISE Sports leagues with the story of his journey and lessons he learned. Sometimes it takes listening to someone who's actually made it to the professional level for kids to truly understand. I would absolutely recommend bringing JJ to any speaking engagement that you are hosting. He brings motivation, inspiration, and encouragement!

-Kristin Hodge, Founder/CEO Arizona RISE Sports Leagues

I had the pleasure of hiring JJ Birden to speak at the 13th annual Taste of Oregon event. The event raises scholarship money for disadvantaged freshman that will be attending the University of Oregon. Never in all the prior 12 Tastes of Oregon had I witnessed any speaker hold the audience with such rapt attention as JJ did. Even though the event was out doors, you could hear a pin drop. He combined his remarkable life story with real-world teachings that inspired and motivated all 87 in attendance. It was a remarkable evening. I recommend anyone considering a guest speaker for any size event to hire JJ Birden.

- Mark W. Ouellette, VP of Mortgage Lending, Guaranteed Rate / President of Oregon Alumni San Diego Chapter

About JJ Birden

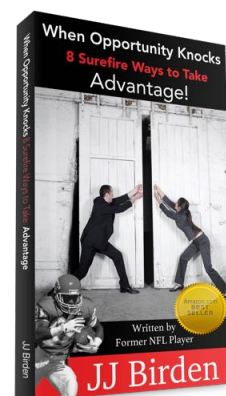
JJ's speaking career began during his rookie year in the NFL. He has spoken in front of all types of audiences, from children to adults in the athletic and business world. His ability to tailor his message will benefit all types of listeners.

WHEN OPPORTUNITY KNOCKS 8 SUREFIRE WAYS TO TAKE ADVANTAGE!

We all have opportunities in life.

- Do you recognize them?
- Do you seize them?
- Do you take advantage of them?

This is what I desire to help you accomplish, and it's why I wrote When Opportunity Knocks, 8 Surefire Ways To Take Advantage! The 8 principles I share, I have used throughout my life. They've helped me find success in multiple areas. If you follow these principles, nothing will stop you from aiming high and hitting the bull's eye!



Speaking Topics:

- Leadership & High Performance
- Seize Your Opportunities
- Seize Your Opportunities Now and into the Future. (Youth)

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Clients that JJ has delivered Keynotes for:

