

## *SEIZE* YOUR OPPORTUNITIES

[www.JJBirden.com](http://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!"



Contact JJ Birden

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*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

*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

*"Poise, pride, patience and perseverance. A few come by those naturally, while others only strive, and most never succeed. The 15-year-old JJ Birden that walked into my classroom was already hard at work building those character traits. He was and is a natural leader and teacher who inspires those around him. Both personally and professionally, having the right tools and knowing how to implement them at the key moment makes all the difference."*

-Patty Reilly, Lakeridge High School Teacher



## About JJ Birden

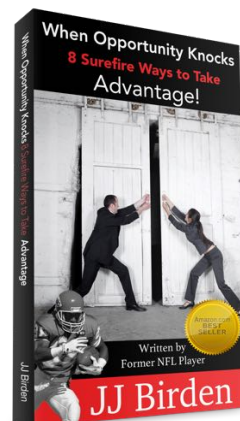
JJ's speaking career began during his rookie year in the NFL. He has spoken in front of all types of audiences, from children to adults in the athletic and business world. His ability to tailor his message will benefit all types of listeners.

### **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!



#### *JJ's Partial Client List*

Merrill Lynch ~ Morgan Stanley ~ Mastermind  
Event ~ PACC ~ RISE Athletics ~ LSH ~ Isagenix

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