

## 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.



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

A photograph of JJ Birden standing outdoors, smiling, wearing a blue button-down shirt and jeans. He is standing next to some green plants.

# JJ Birden

**Former NFL Football Player  
Motivational Speaker, Best-Selling  
Author, Entrepreneur  
America's #1 Opportunity Trainer**

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## Services

### Keynote Speaking Topics:

- Seizing Your Opportunities Now & In the Future
- Making the Impossible, Possible
- Leadership & High Performance



## Books

**Book: When Opportunity Knocks, 8 Surefire Ways to Take Advantage!**



**JJBIRDEN**™

*Dream. Reach. Seize. Achieve.*

## Past Speaking Engagements



Morgan Stanley



## Media



**Contact Our Office Today to Hire JJ Birden.**

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