

JJ Birden

Former NFL Wide Receiver, Motivational Speaker & Author

At 5'10 and 157 pounds, JJ Birden wasn't supposed to play in the NFL. The odds were stacked against him, yet he carved out a 9-year career as one of the league's smallest players. His story is about more than sports, it's about discipline, preparation, and perseverance in the face of adversity.

Today, JJ takes those lessons from the field and delivers them to leaders, teams and entrepreneurs who want to thrive in competitive environments.

JJ has delivered more than 175 keynotes for organizations. Whether addressing executives, managers or frontline employees, he connects with authenticity and energy, leaving audiences motivated and equipped to take action.

LET'S WORK
TOGETHER!

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Why Audiences Choose JJ

- Proven Underdog Story
- Trusted by Leading Brands
- Action Framework
- Engaging Delivery
- Relatable & Inspiring

SIGNATURE TOPICS

- ✓ **Beat the Coverage**
Six Strategic Steps: Winning in business and life through preparation, adaptability and execution.
- ✓ **Seize Your Opportunities**
A call to action for individuals to recognize and maximize opportunities.
- ✓ **Winning as an Underdog**
How to leverage disadvantages as hidden strengths.

CLIENT PRAISE

"In 38 years, I've never heard storytelling and teaching as inspiring as JJ's. His presentation captivated the entire audience. It felt like he was speaking to each of us one-on-one." - Hershey's

"JJ electrified our audience with his story and practical strategies. One of the best speakers we've ever had." - Mass Mutual

"JJ's message connected at every level, leaders, managers and frontline employees." - Orangetheory Fitness

CHERISHED CLIENTS



And More...