

# MOTIVATIONAL KEYNOTE SPEAKER



## JJ Birden

[WWW.JJBIRDEN.COM](http://WWW.JJBIRDEN.COM)

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### Signature Keynotes:

- Seize Your Opportunities
- There BETTER be an "I" in Team!
- Owing the Championship Mindset
- Every Day is Game Day (College, High School, Athletes)

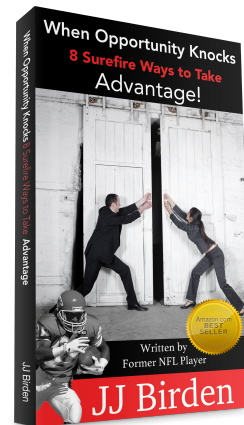
**JJ Birden** is an engaging communicator and a leading expert at helping individuals seize their opportunities in life.

JJ went to the University of Oregon where he was a two-sport star in Football and Track and Field. A 5'10", 157-pound wide receiver, JJ was drafted by the Cleveland Browns in the 1988 NFL Draft and played nine seasons (Cleveland Browns, Dallas Cowboys, Kansas City Chiefs, and Atlanta Falcons). To play nine years in a profession where the average players career last an average of 3.2 years is something special. Two of those nine years was with Hall of Fame Quarterback Joe Montana.

His time in the NFL helped shape the message that he now delivers to audiences around the world. After seeing the successes and failures of others at the highest level, he developed a set of principles that others could follow to achieve greatness, no matter how they defined it or what they're pursuing.

After years of professional speaking engagements, JJ knows how to deliver his message in a way that will resonate with anyone in the audience, regardless of their background or job title. He has spoken in front of all types of audiences, from K-12, college students to adults in the athletic and business world. Each presentation is tailored to the audience in attendance, which means your group will walk away with tools, strategies, and principles that will help them excel in their roles and achieve greatness at work, at school, in sports, and most importantly, in life. It doesn't matter who's in the audience, if someone has the desire to be the best and achieve what's most important for their future, JJ's message will empower them to win. He reminds his audience that it's never too late to be great—it just requires saying yes to opportunities and putting in the work to improve each day.

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**

