



KEYNOTES & WORKSHOPS

Johnny Quinn

PUSH WHAT'S POSSIBLE: The Olympic Formula for Breakthrough Performance in Any Season

Every high-achieving team faces unexpected moments that test everything they've got – their discipline, their focus, and their self-belief. When the stakes are high and the outcome uncertain, how do you not just survive the season, but stay ready for what's next?

From NFL locker rooms to the Olympic starting line, Johnny Quinn learned that readiness isn't luck. It's built through the right mindset and daily disciplines that prepare you for opportunity before it even arrives at your door.

In this relatable and instantly applicable talk, he reveals the P.U.S.H. framework that turns great teams into unstoppable ultra performers.

AUDIENCES LEARN HOW TO:

- **Collaborate under pressure** by finding a way to get the job done with the people and resources available
- **Build the habits** that keep them prepared for whatever comes their way
- **Turn “no” into “next”** by choosing readiness over resistance

WHEN “NO” MEANS “NEXT”: The Olympic Mindset that Turns Setbacks into Comebacks

Getting cut three times from the NFL should have ended Johnny Quinn's athletic dreams. Instead, it led him to the Olympics.

In this inspiring and practical keynote, Johnny reveals the mental framework that separates those who let rejection define them from those who use it as rocket fuel for what's next.

Through his journey from NFL rejection to Olympic competition, Johnny shows how to develop the mindset that doesn't just bounce back from setbacks – it uses them as steppingstones to breakthrough performance.

AUDIENCES LEARN HOW TO:

- **Develop the mindset** that keeps them moving when others quit
- **Build the discipline** that drives winning results
- **Master the fundamentals** that keep you ready when your next opportunity arrives

WINNING LEADERSHIP: How to Build Unstoppable Teams that Outperform the Competition

Every great leader faces the same question: how do you build teams that rise to the occasion when everything's on the line and things don't go as planned?

Through setbacks in professional football and breakthroughs at the Winter Olympics, Johnny Quinn discovered that readiness starts within. The difference isn't just talent – it's the mindset and daily disciplines that prepare both you and your team for whatever comes next.

In this inspiring and tactical keynote, Johnny reveals the leadership principles that turn pressure into performance and potential into consistent results.

AUDIENCES LEARN HOW TO:

- **Create cultures** where people hold themselves accountable – even when no one's watching
- **Lead through setbacks** in ways that build momentum for what's next
- **Build team momentum** that turns challenges into competitive advantages

FUTURE-PROOF TEAMS STAY READY FOR WHAT'S NEXT: How to Build Agile Teams that Thrive When Everything's Changing

At 26, Johnny Quinn's NFL career came crashing to an end. Everything he'd worked on for years was gone. But instead of letting that setback define him, he stayed ready for what came next – and it led him to the Olympics.

In this practical and inspiring keynote, Johnny reveals how the same readiness principles that took him from getting cut three times in the NFL to competing on bobsled's biggest stage can help your team turn unexpected changes into breakthrough opportunities.

When your industry shifts overnight, when new technology disrupts everything you know, when the rules of the game change completely – that's when readiness matters most. Johnny shows how to build the kind of agile mindset that doesn't just survive disruption but uses it as a launchpad.

AUDIENCES WILL LEARN HOW TO

- **Master the "what's next?" mindset** that turns uncertainty into opportunity
- **Build agile teams** that stay ready for opportunities others miss
- **Stay focused on what matters most** when everything else is shifting