



# BIOGRAPHY

## Johnny Quinn

Johnny Quinn is a dynamic keynote speaker, U.S. Olympian, and former NFL player who helps organizations Push What's Possible™ by turning great teams into unstoppable ultra performers who stay ready for what's next.

As the third person in history to play pro football and compete in the Winter Olympics, Johnny brings a rare perspective on what it takes to perform under pressure. His journey from the gridiron to the Olympic track gives him a unique perspective on what it takes to turn setbacks into comebacks and challenges into the best opportunities you never say coming.

His P.U.S.H. framework has equipped thousands at organizations like Toyota, Southwest Airlines, and Verizon to collaborate more effectively, stay agile during disruption, and build momentum – no matter the season. By helping audiences push past what's holding them back, he helps them discover untapped potential they didn't know they had.

Recognized by major media outlets including ESPN, CNN, USA Today, and The Wall Street Journal, and the author of PUSH: Breaking Through Barriers, Johnny delivers proven strategies teams can implement the very next day.

He lives in Texas with his wife, Amanda, and two small children