

Carly Patterson

Olympic Gold Medalist, 3X Gymnastics Hall of Fame Inductee, Expert on Skillfully Managing Change and the Pursuit of Excellence

Please contact a GDA agent for information.

Topics

- Celebrity Sports
- Faith / Spirituality
- Inspiration / Achievement
- Olympics
- Overcoming Adversity
- Peak Performance

About Carly Patterson

In 2004, Carly Patterson is the first woman to win an Olympic all-around gold medal in a non-boycotted Olympic Games. She was the first American woman to win the title in 20 years, also taking home silver medals for balance beam, and the Women's team competition.

Carly's performance at the Olympics made her a household name, leading to numerous appearances on television talk shows and award shows, and her induction to the International Gymnastics Hall of Fame, the USA Gymnastics Hall of Fame and the Texas Sports Hall of Fame.

Soon after the Olympics, Patterson was diagnosed with several bulging discs in her lower back that had gone unnoticed. She announced her intention to take time off from the sport to rehabilitate her back, but hearing her doctor say 'Carly, you really need to stop if you want to be able to walk when you get older', she made the difficult decision to officially retire from the sport in 2006 - without ever participating in another major competition.

Later that year, Carly released her co-written her autobiography, *Be Strong*, revealing the strength and perseverance that helped her win Olympic gold.

On the heels of her legendary achievements at the 2004 Olympic games, and never one to shy away from a challenge, Carly aggressively pursued a career in vocal performance, songwriting and production - complete with high-level recording contracts, movie appearances, and regular rotation of her songs on radio and television.

In 2012, Carly married the love of her life, and over the years that followed, her resilience would be put to the test again as she and her husband navigated the dark trail of infertility, a path that one in every eight couples is forced to travel.

"This body that had achieved a gold medal at the Olympics, you know, one of the toughest things you can ever do, was at this point, failing me and that was difficult."

Her achievements as a gymnast and the opportunities she pursued after retiring gave Carly a unique perspective on embracing true success, find lasting fulfillment, and addressing the question: what do you do when your greatest accomplishment is behind you?

In her authentic, humorous, and down-to-earth presentations, Carly shares the redefinition of success through principles she learned as a championship-level gymnast - and in the challenging years that followed.

Carly continues to be an inspiration by sharing her story of resiliency, fearlessness, dedication, and hard work.

Select Keynotes

- **From Best to Better: The Champion's Guide to Skillfully Managing Change**

What does it take to reach the pinnacle of success? Then, what does it take to get better? Not only will you learn practical insights from Olympic Gold medal gymnast, Carly Patterson, you will be drawn into a story of resilience, winning in a competitive environment and enjoying the journey along the way. Carly went on to apply the same drive and determination that took her to the highest podium to becoming a recording



artist, entrepreneur and mom. Her speech, From Best to Better is a moving experience of excellence, reinvention and peace of mind.

Key attendee takeaways:

- ◆ Resiliency in the face of uncertainty and adversity
- ◆ Not letting your achievements define you
- ◆ Conquering your fears and leveling up
- ◆ Letting your setbacks be a setup for success

• Tenacity, Grace & Grit: A Story of Stubborn Determination, Resilience, & the Pursuit of Excellence

In her keynote address, Carly shares how she redefined success through three principles she learned as a championship-level gymnast and in the years that followed. Carly's authentic, humorous, and down-to-earth communication style is the perfect vehicle for a message that students, athletes, and professionals need to hear in order to embrace true success and find lasting fulfillment.

Key attendee takeaways:

- ◆ Courage to take your "What's next" step
- ◆ How to stay focused and move towards your goals
- ◆ Embracing the spark
- ◆ Making decisions from a place of freedom and not fear

• Custom Keynotes

Carly takes her time to get to know her audience, her clients and events. She will take her time to customize her keynote so it's best suited for your attendees. Carly is happy to bring her Olympic medals and do a meet & greet/autographs/pictures with attendees.

• Faith-Based Keynotes

Carly can also customize her message and share insights on how God played and continues to play a roll in her life, helping you and your attendees reaffirm their faith and get closer to God.

Select Book Titles

- **2006:** Carly Patterson: Be Strong

Select Testimonials

Carly has quickly become a student favorite keynote for our Character U program at DeSales University. It's not every day that a student can meet a gold medal Olympian and wear her medals! She has a powerful message that the students value and appreciate.

— *Chad Serfass, Director for the DeSales Experience in Character & Leadership*

Once she took the stage she was able to quickly capture the attention of everyone in the room. Her speech was inspiring and her video footage was able to visibly demonstrate her pursuit of Excellence during the Olympics. I would recommend Carly for any appearance as her story is relevant to everyone.

— *Destini McKnight, NBC Universal*

Simply put – WOW! She really is amazing and left us with such great messages. My take-a-ways: • Save the set back for later: find a way to come together as a team and still make it happen. Help each other. • We have a choice who we want to become. Find your flow and get into the zone! • Be curious, patient and innovate. • It's not about control, but consistently getting better. • Remember to be grateful. Her messages do resonate with us as members of the South Central Team, HP employees and also in our personal lives. I left the talk very inspired and woke up this morning feeling the same way.

— *Laurie L., HP*

"Carly was incredible! I know the audience was eager to see her speak and she did not disappoint. She was so lovely to work with and just radiates positive energy. I was blown away by her presentation and I heard from numerous attendees that she was their favorite speaker of the day (out of over 30 speakers!)."

– *Madeline K., Ellevate Network*

She was truly phenomenal! So relatable, caring and warm! She spoke a powerful message that left a lasting impact on students for years to come. This is a word that will not be soon forgotten. If you have the opportunity to have Carly speak...do not let it pass you by. Her message captivates the hearts of her audience and her passion moves those in the room.

– *Pastor Jeremy Baker, Elevate Life Church*