

Johnny Quinn

U.S. Olympic Bobsledder; Change Management Expert

Please contact a GDA agent for information.

Topics

- Change Management / Organizational Change
- Inspiration / Achievement
- Motivation
- Peak Performance
- Sales
- Teamwork / Teambuilding

About Johnny Quinn

Olympic bobsledder Johnny Quinn is a highly sought-after speaker for businesses and organizations of all sizes. Known for thought-provoking and action-packed content, Johnny is a trusted voice on resilience and change management. Johnny has been featured on: *ABC, BBC, CNN, ESPN, FOX, NBC, TIME, USA Today* and the *Wall Street Journal*. Johnny's newest book, "PUSH: Breaking Through The Barriers" ushers readers through the valleys of life to the thrills of rocketing down icy mountains at 80+ mph with no seat belts. Johnny, his wife Amanda (m. 2014) and their two children, Amelia (2018) and Oliver (2021), reside in McKinney, Texas.



Select Keynotes

- **Breaking Through Barriers: Unleash Resilience, Determination and Growth for Unbounded Success**

Breaking Through Barriers explores the challenges and obstacles that can hold us back in life and work, and shows how to overcome them. This talk will cover the importance of resilience, determination, and a growth mindset in facing and conquering challenges, and will provide practical tools and techniques for developing these qualities. Through inspiring stories and expert insights, attendees will learn how to break through their own barriers and achieve their full potential. Whether you are looking to overcome personal or professional challenges, this speech is a must-see for anyone looking to break through to the next level.

THREE KEY TAKEAWAYS:

1. To understand the importance of resilience, determination, and a growth mindset in facing and conquering challenges.
2. To learn practical tools and techniques for developing these qualities and applying them in real-world situations.
3. To gain inspiration and expert insights for overcoming personal and professional barriers and achieving one's full potential.

- **Unlocking Business Gold: : Applying Olympic Wisdom for Peak Performance and Achievement**

Unlocking Business Gold draws on the lessons of Olympic athletes to inspire and guide business professionals in their own pursuits of excellence. This talk will explore the mindset, discipline, and training that help top athletes succeed at the highest level, and show how these same principles can be applied to the business world. Through inspiring stories and practical tips, attendees will learn tools and frameworks that drive success in the marketplace. Whether you are looking to up your game in the business world or simply seeking motivation and inspiration, this speech is a must-see for anyone looking to think and perform like an Olympian in the real world.

THREE KEY TAKEAWAYS:

1. To understand the mindset, discipline, and training that help top athletes succeed at the highest level.
2. To learn how to apply these principles to the business world in order to achieve success in the marketplace.
3. To gain inspiration and practical tips with tools that harness the drive for excellence.

- **Cultivating a Champion Mindset: Elevate Your Leadership Journey**

Cultivating a Champion Mindset focuses on the mindset and habits of highly successful leaders. This talk will explore the power of a positive

and resilient mindset in driving personal and professional growth, as well as the importance of setting clear goals and creating a plan to achieve them. Through practical tools and techniques, attendees will learn how to cultivate a champion mindset and use it to overcome obstacles and achieve their full potential. Whether you are looking to improve your own leadership skills or inspire your team to greatness, this speech is a must-see for anyone looking to lead with a winning attitude.

THREE KEY TAKEAWAYS:

1. To understand the importance of a positive and resilient mindset in driving personal and professional growth.
2. To learn strategies for setting and achieving clear goals, including the development of a plan of action.
3. To gain practical tools and techniques for cultivating a champion mindset and using it to overcome challenges and achieve success.

• **Thriving in The Digital Age: Strategies for Navigating Constant Change and Innovation**

Thriving in the Digital Age explores the skills and strategies necessary for effective leadership in today's rapidly evolving digital landscape. This talk will cover the importance of adaptability, collaboration, and innovation in the face of constant change, as well as the role of technology in enabling and enhancing these qualities. Through real-world examples and practical insights, attendees will learn how to navigate the complex challenges of the digital age and emerge as leaders in their fields. Whether you are a seasoned executive or just starting out in your career, this speech is a must-see for anyone looking to stay ahead in the digital world.

THREE KEY TAKEAWAYS:

1. To understand the key qualities of effective leadership in the digital age, including adaptability, collaboration, and innovation.
2. To learn strategies for effectively navigating the complex challenges of the digital landscape.
3. To gain practical insights and real-world examples of how to lead effectively in the digital age.

Select Book Titles

- **2018:** PUSH: Breaking through the Barriers

Select Testimonials

Johnny, thank you again for being the keynote speaker at our National Sales Meeting in Atlanta. You were a true hit! You were referenced multiple times on the main stage by presenters throughout the remainder of the event, and many folks I talked to shared how impactful your presentation and lessons were to them. Awesome to hear! I sincerely appreciate how you took the time to carefully weave in several of my key messages throughout your presentation. It really helped reinforce the points I was landing throughout the week.

— *Derek Miller, Chief Sales Officer, Serta Simmons Bedding*

I hired Johnny to speak at our most recent Annual Sales Conference. His preparation, energy and attention to the overall goals of the presentation were spot on! Johnny is a true survivor and competitor and had a wonderful story of perseverance and passion. The fact that he has worked so hard to become a U.S. Olympian and chase his dream resonates across his speech. I would highly recommend hiring Johnny to help motivate and inspire your company staff, teams or departments.

— *Eric Beichler, Managing Principal, Mohr Partners, Inc.*

In search of a unique keynote presentation for our company's national leadership meeting, our planning committee identified Johnny Quinn as a speaker who would deliver his message in a dynamic and memorable way. From the moment Johnny took the stage, it was clear to all that whatever expectations we had were about to be dramatically exceeded! Johnny weaves multiple life lessons into a compelling personal narrative. Laced with both dramatic examples and humor, he created an experience that all attendees agreed was the highlight of our three day program. I highly recommend Johnny as a speaker to any group looking to motivate and inspire their audience. Regardless of your industry or subject matter it is clear Johnny is able to tailor his presentation to meet your needs. His customized message was truly beneficial to our meeting objectives and we look forward to working with him again in the future.

— *Hal Price, SVP Strategic Partnerships, Golden Living*

Johnny spoke at our annual leadership meeting this year and was a wonderful addition to our schedule. This was the first year we invited a keynote presentation from outside our industry to speak at our conference so we were unsure how it would be received, but Johnny was the perfect speaker to motivate and inspire our leaders. Johnny's message of resiliency and adapting to change was a perfect complement to our program. Johnny was easy to work with and very accommodating to our last minute schedule changes, I would highly recommend Johnny to anyone looking for a keynote or guest speaker and have no doubt that he will be able to tailor his message for any audience just the way he did

for us. Many thanks Johnny!

– *Martha Schram, President, Aegis Therapies*

Thank you so much for inspiring all of us at the Government Contract Management Symposium in Bethesda, MD! As I listened to your talk, I walked away with a renewed sense of resilience. I learned that no matter how bad things may seem in the moment; the moment passes and there is something even better that we were meant to do! Living through the uneasiness of life, truly makes you a stronger and more able to take whatever life sends your way. Our attendees loved your content and the opportunity to connect with you afterwards! Please include me as a reference in the future. I am delighted to tell the world how wonderful you are!

– *Michelle Currier, Chief Learning Officer, National Contract Management Association*

I dislike sports, so I was concerned I would not relate to the content. I was pleasantly surprised by the presentation and received a lot of value from it. He kept my attention the entire time.

– *PMI Virtual Attendee #1*

This was a great session. As a person who rarely connects with sports analogies and stories, I was locked in on this presentation. This was such a good message. All of it. It was a message I wouldn't have thought I needed to hear but I couldn't take notes fast enough.

– *PMI Virtual Attendee #2*

I have severe ADHD and these presentation days are hard for me. Johnny Quinn just kept my attention the entire time. This was an amazing presentation! Don't change a thing!

– *PMI Virtual Attendee #3*

Mr. Quinn, Thank you for coming to speak to me and my leadership team at Park House. Your presentation was interactive and well thought out. Our group thoroughly enjoyed hearing your story and the work session you held with us. I believe your message was impactful and that it will have a positive influence in how leadership manages and inspires their teams. We will absolutely recommend you to others should the opportunity arise.

– *Richard B. Dix*