

Shannon Miller

7-Time Olympic Medalist and Cancer Survivor

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About Shannon Miller

Shannon Miller competed in TWO Olympic Games, earning 7 Olympic medals! (2 gold, 2 silver, 3 bronze) After 25 years, her record as the United States Most Decorated Olympic Gymnast was only recently tied by Simone Biles. She is the only female athlete to be inducted into the US Olympic Hall of Fame – Twice! (Individual (2006) and Team (2008))

Shannon has won an astounding 59 International and 49 National competition medals. Over half of these have been gold. She is the first US gymnast to win 2 World All-Around Titles. Her tally of five medals (2 silver, 3 bronze) at the 1992 Olympics was the most medals won by a US athlete *in any sport*. At the '96 Games, she led the "Magnificent Seven" to the US Women's first ever Team Gold and for the first time for any American gymnast, she captured Gold on the Balance Beam.

After retiring from Olympic competition, Shannon received her undergraduate degrees in marketing and entrepreneurship from the University of Houston and her law degree from Boston College.

Shannon remains a part of the gymnastics and Olympic communities as an analyst and commentator.

In 2010, Shannon launched her company devoted to helping women make their health a priority. She continues to travel the country as a highly sought-after motivational speaker on topics ranging from The Gold Medal Mindset to cancer and survivorship to the importance of health and fitness.

In January of 2011, Shannon was diagnosed with a rare form of ovarian cancer. She had the baseball sized tumor removed successfully and followed up with an aggressive chemotherapy regimen. Shannon has remained open and public about her diagnosis and treatment and continues to empower women to make their health a priority. Shannon is currently cancer-free and continues to be a strong advocate for early detection, awareness, research and survivorship.

Shannon's passion is to help encourage and empower others to break through and overcome their own personal challenges with the Gold Medal Mindset, a mindset that we can all attain.

Select Keynotes

- **Cancer & Survivorship**

We will all be touched by cancer at some point- whether it is you, a loved one, a friend, or co-worker. The cancer journey is a unique one for each of us, but it is one that we can follow with dignity and strength. Shannon shares her own cancer journey and how she used lessons learned through her Olympic training to forge ahead in the midst of the most challenging obstacles. She speaks about the importance of caregivers and the incredible role they play. Through her story, your audience will learn the how importance it is to set goals and maintain a positive attitude, the importance of early detection and why "making your health a priority" is a lesson for all of us. Shannon Miller empowers each of us to take control of our own health and arms us with specific ways we can do just that.

- **Gold Medal Advice for a Fit & Healthy Lifestyle**



While much of the world is telling you, “Don’t eat this. Don’t do that,” gold medal Olympian and health advocate, Shannon Miller, shares her message of “everything in moderation”. Most of us do not have 4 hours a day to work out, but that doesn’t mean we should give up. Eating healthy doesn’t mean giving up everything that you love. Shannon shares the importance of making small changes that have a big impact on your overall health. Through her own experience with weight gain and low self-esteem following her retirement from competition, this Olympian and mother of two, found her way back to a healthy moderation. Your audience will leave with specific goals and motivated to take the next step in their own healthy lifestyle.

- **The Gold Medal Mindset: Motivation, Goal Setting & Success**

Shannon discusses how the gold medal mindset leads to victory on the competition floor, in the boardroom, and in our personal lives. With seven Olympic medals, Shannon utilizes her critical insight to share what it takes to be a winner: the importance of goal setting, leadership, maintaining a positive attitude, and teamwork. Through her Olympic and personal experiences, Shannon explains ways we can overcome even the most difficult obstacles standing in the way of our success. While she may not have been the most talented, flexible, or even the strongest athlete, Shannon Miller was able to utilize these concepts to become The Most Decorated Olympic Gymnast in United States history! Your audience will leave empowered to seal the deal with that next client, work together for a positive outcome, and understand the steps it takes to be a successful leader in both work and life.

Select Book Titles

- **2015:** It’s Not About Perfect: Competing For My Country and Fighting For My Life

Select Testimonials

Shannon was such a thrill for our volunteers. Her willingness and ability to share her story the way she did let our audience really connect with her and you could feel (& hear!) it as they realized they had experienced a similar journey. That’s kind of amazing: the moment when you realize cancer really does affect everyone, even an Olympic gold medalist. Shannon was heartfelt and gracious...and such a good sport when it came to the Q&A and autograph sessions! Just terrific.

– *American Cancer Society Cancer Action Network*

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“It was thrilling to have Shannon Miller at our ovarian cancer awareness events. Her inspirational story added an uplifting element to the day, and the video of her Olympic gymnastic success was truly joyful. Early detection of ovarian cancer and a happy outcome like Shannon’s is the holy grail we hope to make a reality for more women in the future. Thank you Shannon for adding your voice to our cause.”

– *Andrew Berchuck, MD, Director, Gynecologic Oncology at Duke University Medical Center*

Shannon Miller served as the keynote speaker for the annual Women Who Lead Conference at Florida International University in Miami, and our students and community members cannot stop raving about her message! When asked what was the most important lesson they were taking away from that day, or something they plan to incorporate into their development moving forward, many students quoted Shannon directly. FIU students have taken the Gold Medal Mindset to heart! The fact that her message is so amazing, yet presented in a way that’s applicable to anyone’s life, made her points accessible to our audience. She was practical and inspirational all at once!

– *Bronwen Bares Pelaez, Director, Women’s Center, FIU Division of Student Affairs*

Thanks to Shannon, our event was an amazing success! Shannon provided a unique perspective as an Olympic champion, mother, and cancer survivor. The audience gave Shannon an average score of “excellent” which is our highest score available. Shannon was extremely nice, thoughtful, and easy to work with. I would highly recommend her to anyone that wants an outstanding event!

– *Chase Martin, Health Policy Program Manager, Alliance for Patient Access*

Shannon was engaging, energetic, and powerful – an unforgettable evening for our students and faculty. Mercy College School of Business

enthusiastically embraces the 'Olympic mind set'.

– *Dr. Robyn Lubisco, Assistant Professor, Mercy College*

Shannon's accomplishments and life story were perfect for our Sports Banquet. We sold out immediately and she did not disappoint the crowd. Her message was spot on to the athletes and their families while her delivery was professional yet warm – she connected with the group. Interacting before and after she was also wonderful – sharing her friendly smile and sincere comments. Being our eight year of doing the banquet and having several other big names be the guest speaker – I heard several people comment that Shannon was “the best ever”. She was definitely a big hit for the event!

– *Ed Hruska, Executive Director, Rochester MN Amateur Sports Commission*

Today's event was AWESOME!!! Shannon was so terrific, and our guests were completely star-struck. She was just as wonderful as could be. We sure hope she had fun too... we couldn't have had a better program, thanks to her. Thank you so much for all that you did to make this happen for us. We truly loved her message.

– *Fortune 50 Company Representative*

She won seven Olympic Medals. She won multiple U.S. and World Titles in a career that left her the most decorated American gymnast of all time ...and she won our hearts when she came to speak in Fairfield as part of the CT Challenge Speaker Series. As tough as she is tiny, with humor and a heart as big as any world stage, she inspired a crowd of close to 300, including more than 50 cancer survivors, with her take on winning, losing, falling and getting back up to land on top ...as an athlete, as a person and in her own victory over ovarian cancer. She was so patient, compassionate and authentic to everyone who came—cancer survivors (young and old), aspiring gymnasts and the general public. Everyone felt lucky to have heard her speak. Her appeal is broad and timeless.

– *Jeff Keith, Founder/CEO, CT Challenge*

We could not have asked for a more warm and engaged individual to make it a special evening for all. (Shannon) took every last photo, signed every last autograph in addition to listening to the personal stories our attendees shared with her about their memories of the Olympics and their experiences with gymnastics and Cancer.

– *Judith H. Papo, President of Legal Shred, event co-chair*

We could not have asked for a better U. S. Olympic athlete to meet the SHRM 2012 attendees in Atlanta, GA. Shannon is gracious and engaging. She gave each attendee the attention they asked for, having conversations and giving encouraging words. She always kept a smile on her face from morning until night!

– *Keller Center for Corporate Learning of DeVry University*

It was AMAZING. Our guests loved the evening and Shannon was just wonderful. Her speech was funny, touching, inspiring and very impactful. She was kind and so lovely to work with. What a special person.

– *Mindy Kramer, Comcast, Vice President of Public Relations*

As the most decorated American gymnast, Shannon Miller was a perfect choice as the keynote speaker for GymConUSA. The story of her struggles and triumphs during her career inspired a room full of coaches and gym owners. However, higher level themes she discussed like goal setting, perseverance, and positive attitude would touch any group she addresses at the human level.

– *Stacy Finnerty, Vice President, Tumbler Trak & Conference Manager, GymConUSA*

Shannon was an excellent speaker and we were blown away by her message so were our residents. Shannon was so flexible and easy to work with, it was an absolute pleasure! The message that Shannon delivered was spot on for what we were looking for to motivate our young students and adults alike.

