

Keep On Pushing™

When life throws obstacles your way, it's easy to feel stuck, defeated, or ready to give up. But success isn't about avoiding setbacks—it's about how you respond to them. In his inspiring keynote "*Keep On Pushing*," Olympic bobsledder and former army officer Devon Harris shows how expanding your vision of what's possible, building inner strength, and cultivating an unshakable resolve are the keys to overcoming adversity and achieving greatness.

Drawing from his extraordinary experiences on a journey that took him from a gritty Kingston ghetto to the prestigious Royal Military Academy Sandhurst in England to being a member of Jamaica's first Olympic bobsled team, through his engaging storytelling, Devon will share actionable strategies to help you push through barriers, lead with purpose, and persist even when the odds seem stacked against you. Whether you're facing personal or professional challenges, this motivational session will leave you energized, motivated, and empowered to keep pushing toward your goals—no matter how steep the climb.

The audience will learn how to:

Reframe Your Perspective: Learn techniques to shift your mindset and see challenges as opportunities for growth and innovation.

Discover Your Driving Purpose: Uncover methods to identify and connect with your core values and goals, fueling your motivation to persist through difficulties.

Develop Personal Leadership Skills: Discover the power of personal leadership—taking responsibility for your mindset and actions—and how it drives consistent growth, even in the face of adversity.

Build Resilient Teams: Harness the power of people around you, recognizing that collective effort, trust, and support are essential to overcoming obstacles and pushing through limits.

Master the Art of Persistence: Gain insights into how persistence is not just about trying harder, but about finding new ways to approach challenges and maintain momentum.

Cultivate a Growth Mindset: Learn how to embrace challenges, learn from failures, and continuously improve your skills and knowledge.

A Bobsledder's Blueprint for Success

In "*A Bobsledder's Blueprint for Success*," Devon Harris—Three-time Olympian, and original member of the Jamaican bobsled team, —shares his powerful 6 B's, a practical and inspirational roadmap for achieving success and overcoming obstacles. Based on his remarkable journey

from the sun-drenched streets of Jamaica to the frosty tracks of the Winter Olympics, Devon reveals the core principles that guided him to break barriers and pursue greatness.

This electrifying keynote provides not just motivation, but actionable strategies your audience can apply immediately to fuel their own breakthroughs and triumphs.

Devon will guide you through each of his Six B's, providing you with a comprehensive blueprint for success in both your personal and professional lives. Through a blend of riveting stories, practical wisdom, and infectious Jamaican spirit, you'll discover how to:

Breakthrough: Boldly Break Boundaries, Build : Forge a Firm Foundation, Bounce: Relentlessly Rise and Reinvent, Breathe: Release, Refocus, and Rise, Bond :Together, Triumph through Trust, and Beyond: Patiently Push Past Plateaus

Devon's "*Bobsledder's Blueprint for Success*" will leave your audience inspired and equipped with the mindset and tools to boldly pursue their goals, rise from adversity, and push past the limits that stand in the way of their success. Prepare to feel the rhythm, feel the rhyme, and get on up – it's success time!

The audience will learn how to:

Cultivate a Breakthrough Mindset: Learn to identify and shatter self-imposed limitations, opening doors to unprecedented opportunities.

Build Unshakeable Foundations: Understand the importance of preparation, continuous learning, and skill development in achieving long-term success.

Master the Art of Resilience: Discover techniques to bounce back stronger from setbacks, turning obstacles into launching pads for success.

Harness the Power of Focused Breathing: Explore how mindfulness and stress-management techniques can enhance your performance and decision-making

Leverage Collective Strength: Learn strategies for building trust, fostering collaboration, and creating high-performing teams that can achieve the extraordinary.

Embrace Continuous Growth: Develop the patience and perseverance needed to push beyond comfort zones and achieve sustained excellence.

No Sled, No Problem: Principles for Resilient Living

In "*No Sled, No Problem*," Devon Harris—original Jamaican bobsled Olympian, and global resilience expert—shares his powerful Three R's: *Responsibility, Reframe, and Relaunch*.

Drawing from his extraordinary journey of transforming impossible odds into triumphs, Devon reveals the mindset and strategies that helped him push through adversity from the gritty streets of a Kingston ghetto to the prestigious Royal Military Academy Sandhurst to the Officer corps of the Jamaica Defence Force, to the glamour of the Olympic Games, with no sled, no snow, and no guarantees.

Devon will guide you through his "Three R's" - a comprehensive framework for cultivating the resilience needed to overcome any obstacle and achieve your wildest dreams. Through riveting stories, practical wisdom, and a touch of Jamaican flair, you'll discover:

1. **Responsibility:** Own Your Situation and Empower Yourself
2. **Reframe:** Turn Challenges into Opportunities
3. **Relaunch:** Rise Stronger from Setbacks

The audience will learn how to:

Embrace Accountability: Learn to take ownership of your circumstances and stop blaming external factors for your challenges.

Shift from Victimhood to Empowerment: Discover how to transform a "Why me?" mindset into a "What now?" attitude that fuels progress.

Unlock the Power of Perspective: Explore strategies for turning perceived obstacles into opportunities for growth and innovation.

Challenge Limiting Beliefs: Identify and overcome the self-imposed mental barriers that hold you back from achieving your full potential.

Cultivate Courageous Action: Develop the bravery to take the first step and start again, even in the face of fear and uncertainty.

Embrace Incremental Progress: Understand the power of small, consistent steps and how they can compound to help you reach your loftiest goals

Push Together, Win Together – The Power of Teamwork in Achieving the Impossible

Join three-time Olympian and former Jamaican bobsled team captain Devon Harris for an inspiring, interactive keynote that will transform the way you and your team approach

collaboration, resilience, and success. In *"Push Together, Win Together"*, Devon draws from his extraordinary journey—from the military barracks to the Olympic track—to show how individuals can contribute to collective goals while harnessing the power of diverse skills and shared vision.

Through the engaging subheadings of *Collective Compass*, *Legacy Mindset*, *Proactive Piloting*, *Talent Tapestry*, and *Steadfast Stamina*, you'll discover strategies to foster teamwork that doesn't just achieve goals but breaks through barriers to achieve the impossible. Devon's energetic storytelling and actionable insights will leave your team feeling empowered and equipped with practical tools to navigate challenges, tap into each other's strengths, and stay resilient in the face of adversity.

The audience will learn how to:

Align on a Shared Vision: Learn to create a compelling shared goal that resonates with and motivates every team member.

Adopt a Legacy Mindset: Develop the ability to consider and shape the long-term impact of your actions and decisions, both in your career and personal life.

Lead from Where You Are: Gain techniques to take initiative and lead effectively from any position, regardless of your formal title or role.

Leverage Diverse Strengths

Master the art of identifying, valuing, and utilizing the unique strengths and perspectives of those around you.

Stand Strong in Tough Times: Acquire strategies to develop mental toughness and maintain team cohesion in the face of setbacks and challenges.

Whether you're a seasoned executive, a team leader, or an individual contributor, you'll leave this session energized, inspired, and equipped with actionable strategies to transform your team's performance. Get ready to laugh, learn, and be moved as Devon guides you through the principles that took him from underdog to Olympian – and that can take your team from ordinary to extraordinary.

Ride the Ice: Staying Calm in High-Pressure Situations

In a world where high-pressure situations are the norm, staying calm, focused, and effective is the ultimate key to success. Whether you're facing tight deadlines, competitive markets, or personal challenges, how you respond under pressure can define the outcome.

Join Olympic bobsledder and former army officer Devon Harris for an empowering and engaging keynote that reveals how to master the art of calm amidst chaos. Drawing from his experience navigating high-stakes environments on and off the track, Devon will take you through his proven framework to help you not only survive high-pressure situations but thrive in them. Using the guiding principles of *Pursue with Passion*, *Prioritize the Pivotal*, *Pause to Reflect*, *Prepare Proactively*, *Progress Piece by Piece*, and *Persevere through Pitfalls*, this talk will equip you with practical strategies to stay cool, confident, and in control, no matter what comes your way.

Through a blend of riveting personal anecdotes, practical wisdom, and interactive exercises,

The audience will learn how to:

Align Passion and Pressure: Passion-Pressure Learn to connect your core passions with high-pressure tasks, transforming stress into motivational fuel.

Focus on What Matters Most: Develop the ability to quickly recognize and focus on the most critical elements in any high-pressure situation.

Harness the Power of a Pause: Understand the value of taking a moment to breathe, reflect, and recalibrate.

Prepare for the Unexpected: Learn proactive strategies to anticipate challenges and mentally rehearse success, so when the pressure hits, you're ready to face it with confidence and composure.

Break It Down into Manageable Steps: Discover how to stay calm by focusing on small, achievable actions that build momentum and lead to success, rather than being overwhelmed by the big picture.

Persevere Through Setbacks: Gain techniques to build mental toughness, allowing you to bounce back stronger from setbacks and use failures as stepping-stones to success.

Whether you're a business leader facing high-stakes decisions, a professional navigating a competitive industry, or an individual striving for personal growth, you'll leave this session equipped with powerful tools to thrive under pressure. Get ready to be inspired, energized, and transformed as Devon guides you through the principles that took him from underdog to Olympian – and that can help you turn pressure into performance in your own life.

Don't miss this opportunity to learn how to "ride the ice" and stay cool when the stakes are highest!