CFT KEYNOTE SPEAKERS

ZACH LUND

Go headfirst into life.

OLYMPIAN · AUTHOR · COACH · SPEAKER

2010	World Cup	5
U.S. Olympian, Skeleton	Champion	principles, one framework





01 · ABOUT

MEET ZACH.

Zach Lund is a former Olympian and World Cup Champion in Skeleton, the sport of racing headfirst down an icy track at highway speed. Today he coaches athletes, professionals and young people on the mindset and skills it takes to perform at the highest level.

He is the author of *The Olympian Mindset: The 5 Principles to Living an Olympic-Level Life.* On stage, he pairs personal, poignant stories with a clear framework, so audiences leave with a sharper picture of the life they are capable of living.

Through his company, Olympian Mindset, Zach brings the lessons of elite sport into leadership, resilience and high performance: what it takes to build an unstoppable mindset and live with intention.

Off the stage, he supports grief programs for children through the Dougy Center in Portland, Oregon. You will find him in the mountains, on the water or on the ice, usually with his three daughters.

LEADERSHIP · RESILIENCE · PERFORMANCE · MINDSET



IT'S NOT ABOUT FEARLESSNESS. IT'S ABOUT GOING ANYWAY.

ZACH LUND · OLYMPIAN

02 · THE FRAMEWORK

THE OLYMPIAN MINDSET.

The mindset that drives elite athletes works for the rest of us too. Five principles that build courage, focus, resilience and fulfillment in sport, at work and in life.

01	Go headfirst into life	COURAGE OVER COMFORT
02	You go where you're looking	FOCUS CREATES POSSIBILITY
03	Embody your dream	ALIGN THOUGHTS, ACTIONS, IDENTITY
04	Accelerate through the curve	TURN CHALLENGE INTO MOMENTUM
05	Enjoy the journey	PRESENCE FUELS PERFORMANCE



THE BOOK

The Olympian Mindset

The 5 Principles to Living an Olympic-Level Life. The framework behind every talk.



03 · SIGNATURE KEYNOTE

GO HEADFIRST INTO LIFE.

Five principles for living an Olympic-level life.

A high-energy, story-driven keynote that takes the room inside elite sport and brings it back to the real challenges of work and life. Zach shows how anyone can move toward a more meaningful life with courage, intention and resilience.

FORMATS

Keynote · Interactive workshop · Custom program

AUDIENCE TAKEAWAYS

- A new perspective on fear, failure and what's possible
- Practical tools to build resilience, focus and momentum
- The push to act toward a bigger, more intentional life

A GREAT FIT FOR

- Annual conferences
- Sales kickoffs
- Leadership retreats
- Association meetings
- Industry conventions
- Education and youth
- Community organizations

04 · BEYOND THE KEYNOTE

WORKSHOPS AND TEAM EXPERIENCES.

Any keynote can extend into an interactive workshop or a program built around your goals, so teams put the Olympian Mindset to work the next morning, not just remember it.



01

Leadership development

Build stronger, more resilient leaders who hold steady when the track gets fast.

HALF DAY · FULL DAY

02

Team performance

Sharpen focus, communication and trust across a team that has to perform together.

WORKSHOP · OFFSITE

03

Culture and wellbeing

Grow a mindset of resilience and engagement that outlasts the event.

SERIES · WELLNESS DAY

04

Custom programs

Built around your organization's goals, theme and audience. Scoped with CFT.

BY REQUEST

05 · CREDENTIALS

CREDENTIALS AND IMPACT.

OLYMPIAN
U.S. Skeleton, Vancouver 2010

CHAMPION
World Cup Champion

COACH
Former Skeleton coach

AUTHOR
The Olympian Mindset

FOUNDER
Olympian Mindset

COMMUNITY
Supporter, Dougy Center

> *The mindset that drives elite performance can create a more extraordinary life for all of us.*
>
> Zach Lund



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ONLINE cftalent.com/speakers

STEP 01

TELL US ABOUT THE EVENT

Date, city, audience, budget and the outcome you want from the room.

STEP 02

CONFIRM THE FIT

We hold the date and shape the talk to your theme and audience.

STEP 03

WE HANDLE THE DETAILS

Contracts, travel, AV and prep calls. One point of contact the whole way.

STEP 04

SHOW DAY

Zach delivers. Your team walks out ready to go headfirst.

CHECK ZACH'S AVAILABILITY

CFTALENT.COM/SPEAKERS →

commercial · film · television

CFT

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