



JEREMY C. HOLM

Life is a story. Write a good one!



THERE IS ALWAYS HOPE



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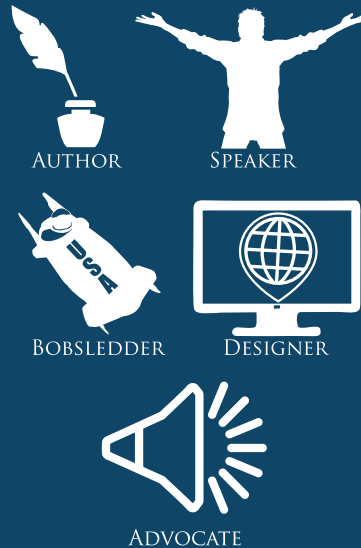
ABOUT JEREMY:

Jeremy Holm is a renowned author, motivational & Christian speaker, designer, bobsled athlete & former head coach for the United States Adaptive Bobsled Team.

Jeremy is the author of the books *The Champion's Way* & *Fire on Ice*, the founder of The Athlete Outreach Project, team captain for Team Phoenix Bobsled, an assistant to the Utah chapter of the U.S. Olympian Alumni Association & a spokesperson for numerous non-profit organizations and groups.

Throughout his many careers, Jeremy has used his example and voice to champion many causes, including working to eliminate the stigmas surrounding mental illness and suicide.

Jeremy currently resides in Salt Lake City, Utah.



teamphoenixbobsled.com



"JEREMY HAS A RECIPE THAT CAN MAKE YOU A CHAMPION IN ALL WALKS OF LIFE."
-DEBRA STARK-CLARK
1972 U.S. OLYMPIC TEAM,
GYMNASTICS



THE ATHLETE
OUTREACH PROJECT
athleteoutreach.com



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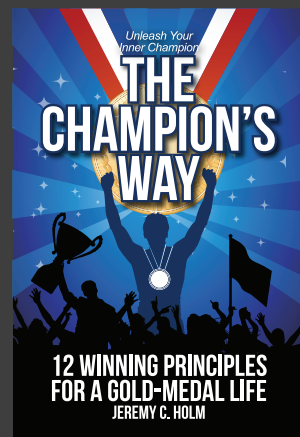


JEREMY IS PERFECT FOR:

- Keynote Addresses
- Corporate Retreats
- Employee Trainings
- Expos & Conferences
- Specialty Seminars
- Community Events & Parades
 - Sporting Events
 - Holiday Celebrations
- School Visits & Assemblies
- Fundraiser & Non-profit Dinners
 - Panel Discussions
 - TV & Radio Interviews
 - Event MC & Announcing
 - Scouting Events
- Educational Associations
- Mental Health Conferences
 - Leadership Trainings
 - Church Functions
 - Scout Meetings



NOW AVAILABLE:



SPEAKING TOPICS:

“The Champion’s Way: Living a Gold Medal Life”

With over half his life spent surrounded by Olympians & world-champions, Jeremy has gathered a recipe for creating a deeply fulfilling life full of hope & dreams.

“Life is a Story: Write a Good One”

As an author & journalist, Jeremy has learned that the mistakes of the past can be erased & the best chapters of our lives lie ahead.

“Gold-Medal Leadership in a Disconnected World”

Jeremy uses powerful insight learned under the tutelage of international business leaders & Olympic coaches & as the Head Coach of the U.S. Adaptive Bobsled Team to help today’s leaders guide those around them with greater efficacy & vision.

“Against the Odds: Learning From Adversity”

Having struggled against incredible obstacles, including anxiety and depression, Jeremy uses candid lessons to teach that life’s challenges can be used to help us reach our personal Olympics.

“Mental Health: There Is Always Hope”

As a suicide-prevention & mental health advocate, Jeremy uses his influence to spread hope & educate communities & groups to help fight the stigmas about those topics.

“Champions of the Lord” (Christian faith-based)

As a Christian, Jeremy understands the challenges of maintaining a faith-based life in an increasingly secular world. In this presentation he discusses what it truly means to faithfully stand as a champion of the Lord in this day & age.

CLIENTS & ASSOCIATIONS:

- American Lung Association of Utah
- American Foundation for Suicide Prevention - UT
 - Boys & Girls Club
 - Do the Write Thing
- Morris Murdock Travel
 - Skyline High School
 - The Airman’s Attic
- U.S. Adaptive Bobsled Team
 - Utah Valley University

HOW TO SCHEDULE

JEREMY CAN BE REACHED THROUGH HIS WEBSITE WWW.JEREMYCHOLM.COM OR VIA EMAIL COACHHOLM@LIVE.COM OR CALL (801) 414-0242 FOR COST & AVAILABILITY.

