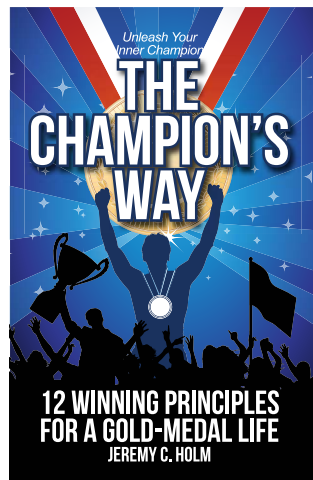


"POWERFUL."

"JUST WHAT OUR KIDS NEED TO HEAR."



"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 SPEAKER YOUR SCHOOL WANTS."



JEREMY C. HOLM

Life is a story. Write a good one!



QUOTES BY JEREMY:

“When we have the choice to do what’s right OR go along with the crowd, a champion knows that choosing the high line in life allows them to keep their respect for self and move closer to their goals in life.”

“As kids many of us were afraid of the monsters under the bed. Unfortunately now that we are older, we still face monsters that try to make us afraid. They try to rob us of our value and self-worth. They tell us we are not smart enough, pretty enough, rich enough or popular enough. Whenever we come across these monsters in life, let us fight them off with hope and courage and a firm conviction that we are worth more than all the gold-medals in existence.”

“We all face tough days, days where we wish we had stayed in bed. But living as a champion in life means pushing through those bad times. It means rising every time you fall and learning from your mistakes. Ultimately, we can fly as high as we want to in this life. When you have a rough day, please remember that there is always hope.”



KIDS NEED GOOD INFLUENCES

Today’s students, from elementary school to high school, are bombarded with negative messages on a daily basis.

As a principal or school administrator you know this. You see the struggles that your students face. You witness the overwhelming voices that shout what they should do, be, think and like to fit in. And not all of those influences are leading them on good paths that will lead to a healthy future; in fact, far too many are damaging and dangerous.

To prepare them for the “real world” the educational experience must be more than just “reading, writing and arithmetic”; it must include positive role models for the students to follow, constructive examples that they can inspire the highest in themselves as they chase their own dreams and seek out their own private “gold medals”.

As a **bobsled athlete, head coach, author, speaker and graphic designer** Jeremy knows what it takes to pursue committed goals and overcome challenges to reach one’s dreams. The greatest inspiration in his story is that this was all accomplished while dealing with a life-long battle of anxiety and depression that resulted in a brush with suicide. Jeremy is real and genuine--combining an uplifting mix of humor, positive messaging, and inspiring stories delivered in an interactive teaching method ideal for an assembly, faculty seminar, leadership forums, commencement addresses and pep rallies. Through it all, Jeremy will teach students and faculty “The Champion’s Way” to help them create a gold medal life.

Jeremy is often asked to speak on these and many other topics:

- Making right choices and keeping ourselves free from drugs, alcohol, etc.
- Living as a champion and setting high goals for life
- Suicide prevention and mental health (some states require an assembly on this each year)
- Leadership in our lives, schools and communities
- Chasing the gold and finding what really matters in life
- Anti-bullying and what it means to be a real teammate in life

To learn more, please visit www.JeremyCHolm.com or contact Jeremy at CoachHolm@Live.com.





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THERE IS ALWAYS HOPE



SPEAKING TOPICS

"The Champion's Way: Living a Gold Medal Life"

Having spent over a decade surrounded by Olympians & world-champions, Jeremy has created an inspiring recipe to help students create 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 Olympic coaches & as the Head Coach of the U.S. Adaptive Bobsled Team to help today's student 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/Anti-Bullying: There Is Always Hope"

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

ABOUT JEREMY:

Jeremy Holm is a renowned author, motivational & Christian speaker, graphic & web 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*. He also founded of The Athlete Outreach Project, is the team captain for Team Phoenix Bobsled, serves as 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 prevention and constantly encourages others to discover the champion within.

Jeremy currently resides in Salt Lake City, Utah.

AUTHOR SPEAKER

BOBSLEDDER DESIGNER

ADVOCATE

HOW TO SCHEDULE

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



[/JEREMYCHOLM](https://www.facebook.com/JEREMYCHOLM)





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THERE IS
ALWAYS HOPE



TESTIMONIALS:

"Jeremy Holm has a great presentation with very insightful and informative information that our students understood and enjoyed. His life experience sets a great stage for many life lessons that young people can relate to and aspire for in their own lives."

-Shad Stevens,
American Leadership Academy

"I am happy to recommend Jeremy Holm as a speaker to the youth. Jeremy addressed our Jr. High students and truly knew how to reach them on their level. His words were thoughtful and encouraging. By sharing his experiences, he connected with the students and left them feeling excited and motivated."

-John D. Anderson,
Excelsior Academy

"Jeremy is an entertaining and inspirational speaker. He captivates his audience by sharing his unique experiences and applying key principles to daily challenges in life. He has a diverse range of skills and talents and is a great role model in the workplace and community. I was very impressed with how well he tailored his presentation to fit our specific purposes and topic of discussion. I would recommend him as a presenter to any organization."

-Sherry Hayward,
Utah Valley University

BUDGET-NEUTRAL

While there is no underestimating the value that he brings into the lives of the children and teens that he speaks to and works with, Jeremy understands the budgeting realities of education. As such, Jeremy is willing to work with schools on pricing and messaging.

Additionally, some ideas for funding include reaching out to other schools to schedule Jeremy on the same day (both institutions save money), researching your school's Student Body Fund for assemblies, contacting your PTO/PTA/Booster Club to fundraise, and for mental health/suicide prevention or anti-bullying there may be Federal or State funding available.