



BUILDING CHAMPIONS IN SPORT AND BUSINESS

6347 NW 72 WAY | PARKLAND, FL 33067
PHONE: (954) 752-3333 | FAX: (954) 752-3600
E-MAIL: RICK@DRRICKJENSEN.COM

WWW.DRRICKJENSEN.COM

Timeless Life Lessons Learned from Sports Greatest Champions

Program Deliverables: *Entertain and inform clients while demonstrating why and how world-class athletes have achieved greatness. Discuss opportunities for clients to apply the performance habits of champions to their own personal and professional endeavors.*

Program Description

Are you interested in learning what it takes to become the best in the world at what you do? Champions in the world of sports are masters of deliberate practice and mental toughness, and thus they generate greater results with less effort.

Through the lens of professional sports, Dr. Jensen outlines the five performance principles that top athletes use to take performance to a world-class level. Dr. Jensen will teach you how to utilize these same principles to take your personal and professional aspirations to even greater heights. The presentation addresses:

- The 5 essentials of champions that drive their success
- Why Tiger Woods dominated the game of golf – and why he doesn't any longer
- How champions learn to work smarter, not harder
- Overcoming complacency – breaking through your performance plateaus
- Taking action: Turning best practices into repeatable habits

Dr. Rick Jensen



Dr. Rick Jensen is a world-renowned performance coach, sport psychologist, and author. In golf, his clients include more than 50 touring pros on the PGA, LPGA and Champions Tours who have combined to win over 200 tour victories and 33 major championships. Dr. Jensen has also trained tennis champions including winners of all four Grand Slam championships.

In the world of financial services, Dr. Jensen has consulted with top firms including Merrill Lynch, Morgan Stanley, UBS, LPL, and Wells Fargo. He has coached hundreds of financial advising teams and trained management at all levels.

Dr. Jensen is the author of *Drive to the Top: 5 Timeless Business Lessons Learned from Golf's Greatest Champions* and *Easier Said Than Done: The Undeniable, Tour-Tested Truths You Must Know (and Apply) to Finally Play to Your Potential on the Golf Course*. He has been featured on ABC, ESPN, CNN, and the Golf Channel, and is also a contributing writer for Golf Digest and GOLF Magazine.