

Consulting & Training

Alex Molden



A HIGHLY SOUGHT AFTER LEADERSHIP
COACH & CONSULTANT

ABOUT ALEX

Alex is a former NFL player who was drafted in the 1st round (11th overall) of the 1996 draft. He played 8-years (Saints, Chargers & Lions) battling some of the best athletes on EARTH. Because of injuries, he decided to retire from the game that he loved in 2005. Playing for 7 different head coaches in 8-years in the NFL, Alex knows a thing or two about change, culture, influence & how to navigate the pitfall of having your identity intertwined with your platform & ability.

Alex is now a Personal Development/Leadership Coach and Consultant. His podcast (The Shark Effect) is ranked in the top 1.5% of ALL PODCASTS! He is also the author of the Book "The Ultimate Playbook for High Achievement".

His blueprint is all about knowing the foundational principle of leadership which is influence (there are 10 of them); nothing more....nothing less.

Alex works with athletes, celebrities, entrepreneurs, emerging leaders of small to medium-sized companies, and fortune 500 executives to align their purpose with their passion and assign whom they want to become and where they want to go. He then helps them uncover the adjustments that they need to make in their character, relationships, decisions, and thinking to live their life to the fullest.



Alex Molden

Consulting Packages

*Helping **emerging leaders** understand influence so they can inspire increased **productivity** and impact in the workplace*

Diamond | 12-month Consulting

- 2 half-day workshops
- 1 **per month** onsite group training (5-8 C-Suite and/or emerging leaders)
- 1:1 coaching (zoom call) **per month**
- Online course & workbook (curriculum)
- Culture & Leadership Evaluation
- Leadership webinar for onboarding (own in perpetuity)

Platinum | 12-month Consulting

- 2 half-day workshops
- 1 onsite group training **per quarter** (5-8 C-Suite and/or emerging leaders).
- 1:1 coaching (zoom call) **per month**
- Online course & workbook (curriculum)
- Culture & Leadership Evaluation
- Leadership webinar for onboarding (own in perpetuity)

Gold | 6-month Consulting

- 1 Half day workshop
- 1/month onsite group training (5-8 C-Suite and/or emerging leaders).
- online course & workbook (curriculum)
- 1:1 coaching (zoom call) **per month**





Connect with Alex



@alexmolden



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Contact



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What people are saying about Alex

"Alex was a great highlight to our company's annual retreat! He was so easy to work with and aligned his speech perfectly with our companies goals."

-Ali H.
HIYA Office Manager

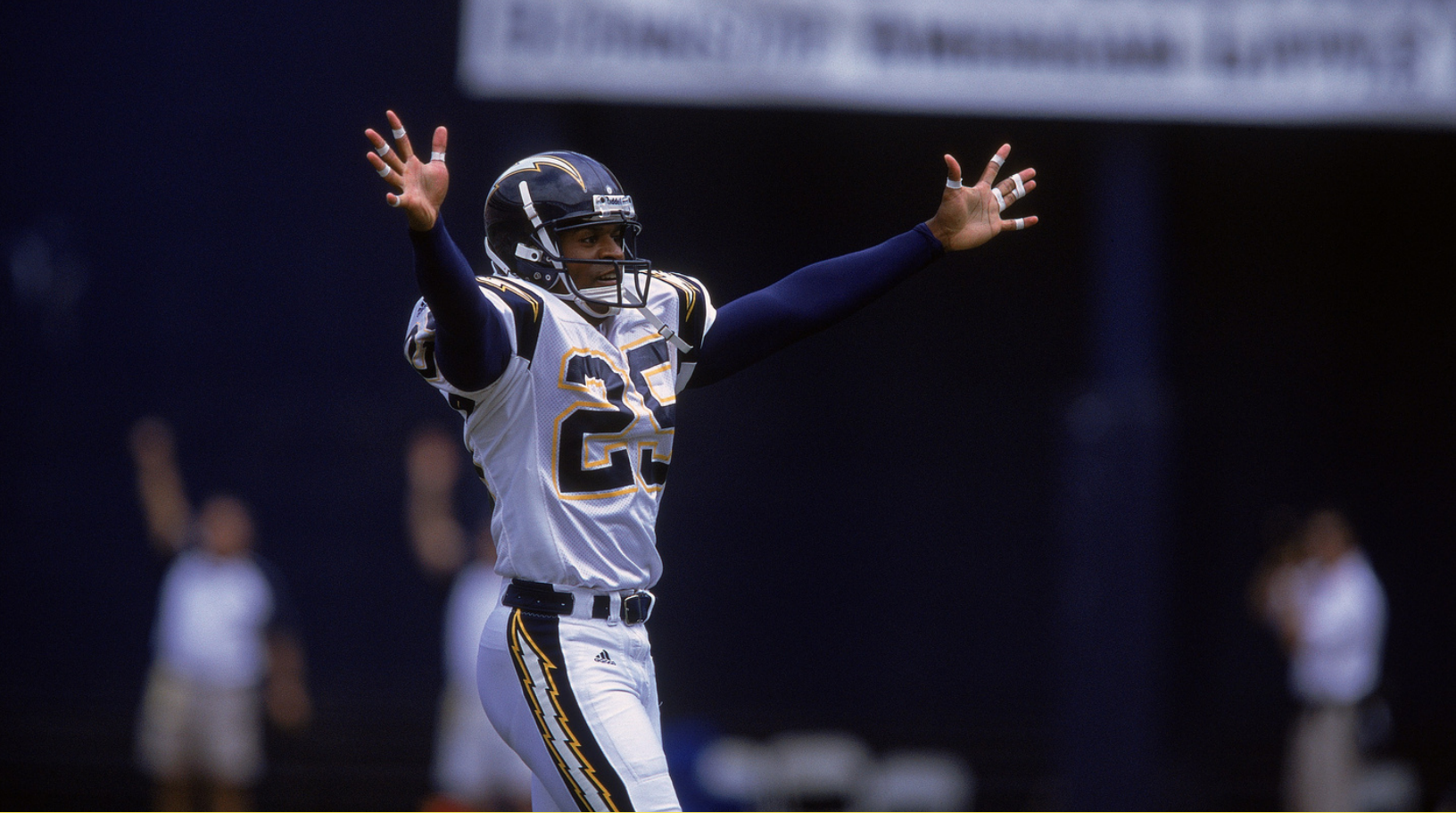
"Our program was grateful for the opportunity to work with Alex, and the concepts and life lessons he introduced continue to resonate and influence our team narrative and perspective in and out of sport. We look forward to staying connected and know generations of athletes, coaches and leaders will continue to benefit from his knowledge, compassion and leadership."

-Tabitha Y.
Stanford Gymnastics Head Coach

"Absolutely Fantastic! One of the best speakers I have ever heard! Honored to have him share his wisdom with the team today."

-Kieran R.
Nike Global Equipment General Manager

www.alexmolden.com



ALEXMOLDEN COACHING

Assignment | Alignment | Adjustment

