

JEFF SALZENSTEIN

# Own Your Zone Of Excellence™

Thrive Under Pressure, Boost Resilience, And Optimize Performance And Health



Sotheby's  
INTERNATIONAL REALTY

US Radiology Specialists



IMA Financial Group



TRANSFORM  
WEALTH



Weil



## KEYNOTE:

LEADERSHIP AND PEAK PERFORMANCE

## THE ZONE OF EXCELLENCE

 In-Person  Virtual

Jeff Salzenstein, a former top 100 world-ranked tennis player, 2-time Stanford All-American, national champion, and team captain, delivers a powerful keynote that bridges sports excellence with leadership mastery and peak performance.

Leveraging his decades of competitive tennis experience as a player and world-class coach, Jeff guides high achievers to handle the unrelenting pressure to consistently perform at optimal levels, both professionally and personally.

His Zone of Excellence framework provides insights and strategies to reduce stress, burnout, and overwhelm for high performers.

In this signature talk, leaders and teams gain practical tools and techniques to turn adversity into their competitive advantage, fostering resilience, a thriving workplace culture, and personal fulfillment. Attendees leave with a clear roadmap for achieving excellence and sustainable growth in today's rapidly evolving world.

**This keynote is ideal for leaders and teams who:**

- + Are navigating high pressure environments and want more resilience in the face of adversity
- + Are seeking well-being initiatives to solve employee mental health challenges.
- + Are fighting burnout and want tools to recover effectively and increase energy capacity.

**The audience will leave with:**

- + Techniques for rapid stress reduction to quickly enter a flow state.
- + Mindset shifts to enhance leadership effectiveness.
- + Emotional regulation tools to improve focus, energy, productivity, and creativity.
- + Rest and recovery strategies to bounce back quickly from daily stressful challenges.
- + Methods to build resilience and thrive through challenges.

*"Jeff absolutely knocked it out of the park. Everybody walked away as a closer team. Jeff helped us maximize our team performance and individual performance. I couldn't recommend Jeff more highly."*

- John Perkins, CEO of U.S. Radiology Specialists



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Book Jeff to Speak





# KEYNOTE TOPICS

## The Zone Of Excellence

*The Ideal Keynote For Leaders And High Performers*

## Zone Of Excellence: **Winning Culture**

*The Ideal Keynote To Improve Workplace Culture*

## Zone Of Excellence: **Winning Sales**

*The Ideal Keynote To Inspire Sales Teams*

## Zone Of Excellence: **Winning Leadership**

*The Ideal Keynote For Leadership Teams*

# ABOUT JEFF

Jeff Salzenstein, a former top 100 tennis player, 2-time Stanford All-American, national champion, and team captain is an elite success coach and speaker sharing his powerful Zone of Excellence framework.

His keynotes and workshops provide actionable tools and strategies to help high-performing leaders and teams handle pressure, stress, and burnout more effectively. Jeff inspires audiences to cultivate resilience, achieve peak performance, develop flourishing workplace cultures, and create positive change.

## TESTIMONIALS

“**Jeff has a heart of gold**, and it comes through in his presentation...he gave the room an an extra boost of energy...so pleased with the message that he shared.”

**-Faith Howard Mooney, SVP, Mortgage Collaborative**

“I highly recommend Jeff as a keynote speaker for an organization committed to investing in their teams. employees, management team, and executive leadership team. **You can't go wrong with Jeff and his methodology.**”

**-Lynn McGivern, Chief Compliance Officer, U.S. Radiology Specialist**

“I have been a Vistage Member and Chair for a combined total of 25 years, during which time I have heard hundreds of keynotes at Vistage and other venues. The two hours we spent with him were moving, vulnerable and had very high 'take home value' Perhaps the most valuable part was the **absolute simplicity of the 'Pro Tips'** that anyone can implement without delay or complexity.”

**- Nigel Alexander, President, BAR Properties**



## WATCH JEFF SPEAK

### Zone Of Excellence Speaker Reel



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