

Introducing

JUSTIN
ROETHLINGSHOEFER

KEYNOTE SPEAKER | AUTHOR



INKWELL *ink* MGMT

ABOUT JUSTIN

Justin was a performance coach in the NHL working on his postgraduate doctoral work in health and performance. He was revolutionizing the way data and personal health was approached in professional sport. He had just won the US Hyrox Games Championships and was heading to the world championships. And he was married to the love of his life. Then he was told he would not live to see 35.

Through personal exploration and using the same system he had built for his professional athletes Justin not only redeemed his health, but realized his mission was not to serve the audience he wanted but the audience he was called to: the business leader, the mountain mover, the visionary, the person who felt they needed to trade their health for their mission. This is what he puts all his efforts into today.

Justin Roethlingshoefer is the founder of OWN IT Coaching, an eight figure coaching company built to redeem the health of the world. As a former performance coach in the NCAA and NHL, through OWN IT he has made the same ecosystem that is usually only available to the best athletes in the world, now available to you. By utilizing best in class cellular and DNA testing, wearable and health technology, and coaching, he and his team have been able to transform the health and lives of hundreds of thousands of leaders throughout the country, while empowering them on their journey and making the complex topic of health simple, actionable and personal.

He is a sought after international speaker and the host of The OWN IT Show podcast. Justin's latest book The Power of Ownership: Redeem Your Health, Live Life By Design, and Break the Relentless Pursuit of Normal is a USA Today Top 50 best seller and held the 70th position worldwide. He is also the author of three other bestselling books including The Athletic Performance Blueprint and OWN IT.

Justin's passion, energy, and dynamic style engages the audience the entire time while educating, empowering, and equipping them to leave different than when they started.

A man with dark hair and a light beard, wearing a blue suit jacket over a white shirt, is looking upwards with an open mouth, as if in the middle of a speech or reacting to something. He is holding a small, dark, rectangular object in his right hand. The background is dark and out of focus.

“

Great speaker. It was great. Straight to the point. Best speaker we have ever had come through.”

Carolina Duran, Vistage Chair Miami

SPEAKING TOPICS

THE POWER OF OWNERSHIP:

We redefine what ownership means and how we empower entrepreneurs, business owners, and their teams to live according to what their body is asking for. People will leave understanding the 4 points making up the soul: heart, mind, body, relationships. They will also know what action steps to take and how it will be uniquely built for them based on desires and life goals.

BURN BRIGHT NOT OUT:

How to empower your corporate teams and employees to live a life of true health and have productivity that fires them up, rather than burn them out. It's about treating each person as an individual and empowering them with the frameworks and blueprints that will allow for true health and wellness.

RUN YOUR BODY LIKE YOUR BUSINESS:

We put the lens of a business owner and entrepreneur's view of their business and put the same lens on their health to make health decisions like they do their businesses. We will build a framework for each attendee that is simple, and helps make sense of their health for the first time and give them control of their health again.

HOLY HEALTH:

We are formed by default or design. Whether we realize it or not, we are all being shaped by something; and we have been put on this earth to be world class at something. In order to realize that potential we need to develop our earthly vessel so we can steward our blessings. As we learn to take care of our soul, we can grow and progress in a healthy way. People will leave understanding the 4 points making up the soul: heart, mind, body, and spirit. They will also know what action steps to take and how it will be uniquely built for them based on desires and life goals.



A man with short brown hair and a beard, wearing a black hoodie, is speaking into a microphone on a stage. He is gesturing with his right hand, showing three fingers. The background is dark with some colorful abstract patterns.

“

Health is the key to unlocking peak performance. Justin's ability to articulate the process of taking control of your health is unparalleled – simple yet highly personalized. Do yourself and your audience a favor and bring in Justin.”

Dan Martell, Wall Street Bestseller Author



[SEE HIM ON STAGE HERE](#)

READY TO BOLDLY MAKE A MARK ON YOUR EVENT?

Inkwell MGMT is here to collaborate with you to bring Justin Roethlingshoefer's energy and expertise to your next event. Whether you're looking to inspire, motivate, or educate your audience, Justin is ready to deliver a transformative experience.

Let's make it happen! Connect with Stevie Johns at Inkwell MGMT today, and together, what we create will be unforgettable.

HELLO@INKWELL-MGMT.COM

WWW.INKWELL-MGMT.COM

