

JOHN MOLLURA

SPEAKER | COACH



Media Kit



John Mollura

Speaker | Coach



CLICK TO SEE JOHN SPEAK

"John has a way of connecting with the audience in a relatable and understanding format."

The material is relatable and relevant. It was straight forward, but also made you think outside of your comfort zone. It provided the audience a positive and encouraging message. I truly enjoy and appreciate John's presentations."



JOHN SULLIVAN

Executive Director of Delaware's Governor's Commission on Community and Volunteer Service

"John's content is a great first step in pursuing your dreams because life is short, and it's a tragedy when people have dreams that are left unfulfilled because of something as addressable as their own sense of confidence or security in themselves. I highly recommend reaching out to John, whether it's for you personally or for an organization."



RACHEL PARKER

Co-Founder + Chief Marketing Officer at Archie + The Parker Group

"Great presentation, great delivery! The shift I took away from John's workshop is the *Archive of Awesome*™ and celebrating small wins! We loved having you."



JESS STOLTZ

Assistant Director of Athletics & Campus Recreation
Salisbury University



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“You don’t have an action problem. The real problem is too many things feel important at the same time.” – John Mollura

John Mollura led mission-critical field testing that NASA and elite U.S. military units depended on, where precision wasn’t optional and hesitation had consequences. Today, organizations hire John when execution is slipping, leadership teams are overwhelmed, and high performers are burning out despite their capabilities.

Since transitioning into leadership development, he has delivered keynotes and workshops to audiences both across the United States and internationally, and he has coached nearly 400 high-performing professionals one-on-one.

That work has uncovered a powerful truth: High performers do not have a motivation problem or talent problem — it’s an unfiltered importance problem.

When everything feels critical, clarity collapses. And when clarity collapses, execution suffers.

That insight led him to create Elite Action™, a precision-based performance framework that helps leaders filter what truly matters so decisive action becomes repeatable — not emotional.

In his high-impact keynotes and practical workshops, organizations gain tools to

- Reduce mental noise that stalls momentum
- Rebuild self-trust in leadership teams
- Strengthen decision-making under pressure
- Convert high potential into measurable follow-through

This isn’t inspiration for a day. It’s a shift in how leaders think, filter, and execute long after the event ends.

Because excellence doesn’t come from doing more. It comes from knowing what matters and acting on it.



In the Media

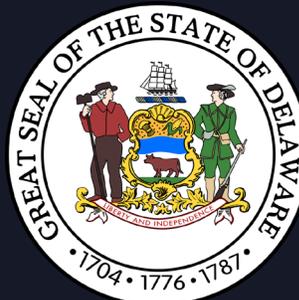
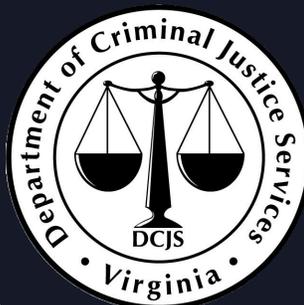
John has shared his thoughts on over *sixty* Podcasts, TV and Live Radio interviews.

“John’s influence and energy is powerful.”

Jaquie M. - Founder of Wise Ones Wellness Festival



John’s Clients Include:



AmeriCorps



UNITED UNIVERSITY

ELITE LEVEL ACTION

Keynote & Workshop

Silence Your Inner Saboteurs. Gain Clarity and Perspective.

Our Inner Saboteurs show up in two critical areas: time and relationships. The Time Saboteur erodes momentum.

The Relationship Saboteur isolates and protect ego. Left unexamined and unchecked, these saboteurs quietly cause people to trade excellence for comfort and erode performance.

In this powerful session, John Mollura identifies the hidden forces shaping how high performers manage their time and how they show up with others. By bringing these patterns into the light, attendees learn to disrupt the cycle of sabotage before it diminishes performance.

The keynote closes with participants learning to internalize positive feedback, rebuild self-trust, and elevate standards from the inside out.

This isn't motivation. It's perspective correction. And when perspective shifts, performance follows.



Audience Takeaways

- 🚀 Identify and silence habits that sabotage results, confidence, and momentum.
- 🚀 Interrupt the cycle of self-doubt before it erodes performance.
- 🚀 Know the hidden cost of delay: financially, physically, and professionally.
- 🚀 Learn practical frameworks to internalize positive feedback.
- 🚀 Rebuild self-trust through evidence, not emotion.

CLEAR FOR LAUNCH

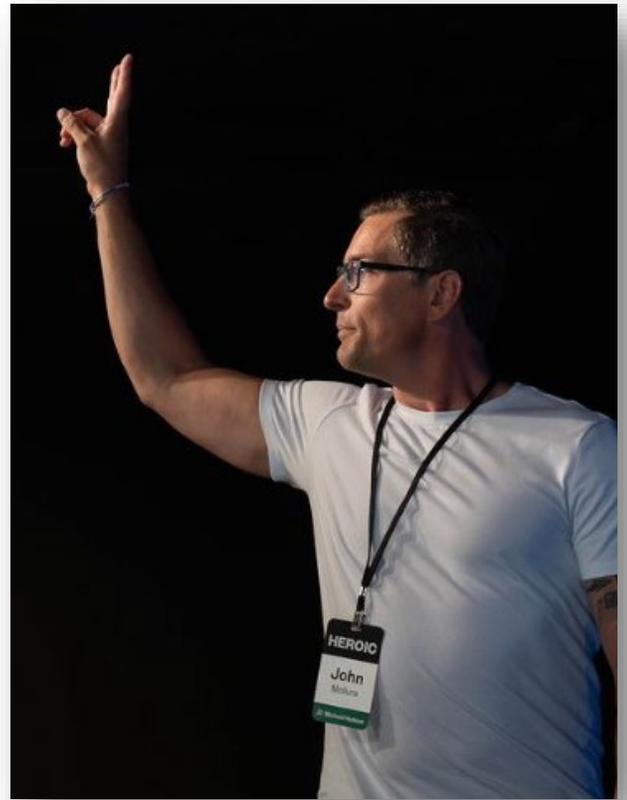
Keynote & Workshop

Break Through Hidden Barriers To Excellence

Every high performer has faced it: the quiet voice that says, "Tomorrow."

Tomorrow tells us our best work can wait. Our boldest decisions can wait. Our next breakthrough can wait. But when we listen, we unknowingly sign a contract with comfort.

In this dynamic keynote, John Mollura reframes procrastination, not as a time-management issue, but as an avoidance cycle rooted in fear and unfiltered importance. Through powerful storytelling and practical clarity frameworks, participants learn how overthinking, perfectionism, and delay quietly stall momentum, and how to interrupt the cycle before it erodes confidence. This session equips high performers to filter what truly matters, eliminate noise, and move from hesitation to decisive execution. Because excellence doesn't launch itself.



Audience Takeaways

- 🚀 Understand the real cause of overthinking, perfectionism, and procrastination.
- 🚀 Identify how broken self-promises erode confidence and momentum.
- 🚀 Learn how to interrupt the avoidance cycle in real time.
- 🚀 Build self-trust through small, consistent commitments.
- 🚀 Move from overwhelm to decisive action.

THE NAVIGATORS

Keynote & Workshop

**Silence Your Inner Saboteurs.
Ignite Your Confidence.**

In *The Navigators*, John Mollura reveals the internal zones that quietly distort thinking, drain momentum, and keep capable leaders cycling between distraction, blame, and self-criticism. These patterns feel justified in the moment. They might even feel productive. But over time, they stall growth and cloud decision-making.

In this powerful keynote and workshop, John equips participants to recognize when they've drifted into unproductive mental territory, and how to deliberately shift into a position of ownership, clarity, and forward movement.

This isn't about personality types. It's about mental positioning. And positioning determines progress.



Audience Takeaways

- 🚀 Learn how to shift into a mindset rooted in ownership and curiosity.
- 🚀 Replace reaction with intentional action.
- 🚀 Strengthen clarity, resilience, and decision-making under pressure.
- 🚀 Identify reactive patterns that distort clarity and momentum.
- 🚀 Stop distraction, blame, and self-criticism from undermining execution.

LET IT FLY

Keynote & Workshop

Stop Chasing Perfect. Launch With Excellence.

The relentless pursuit of perfection can create hesitation, unnecessary stress, and burnout. While striving for high standards is essential, learning to balance excellence with efficiency allows individuals and teams to operate at their best, making quick, confident decisions without getting stuck in over-analysis or self-doubt.

Drawing from John Mollura's 15 years of experience leading test operations for NASA and elite U.S. military programs, this webinar will explore how shifting from perfectionism to a focus on execution, adaptability, and continuous improvement can enhance performance and resilience in high-stakes situations.



Audience Takeaways

-  Understand the difference between excellence and the trap of perfectionism.
-  Structure workflows, decisions, and communication to maximize effectiveness.
-  Ensure that precision doesn't slow down progress.
-  Incorporate continuous improvement over constant criticism.
-  Shift the focus from flawless outcomes to efficient, high-impact actions.

TUNED IN

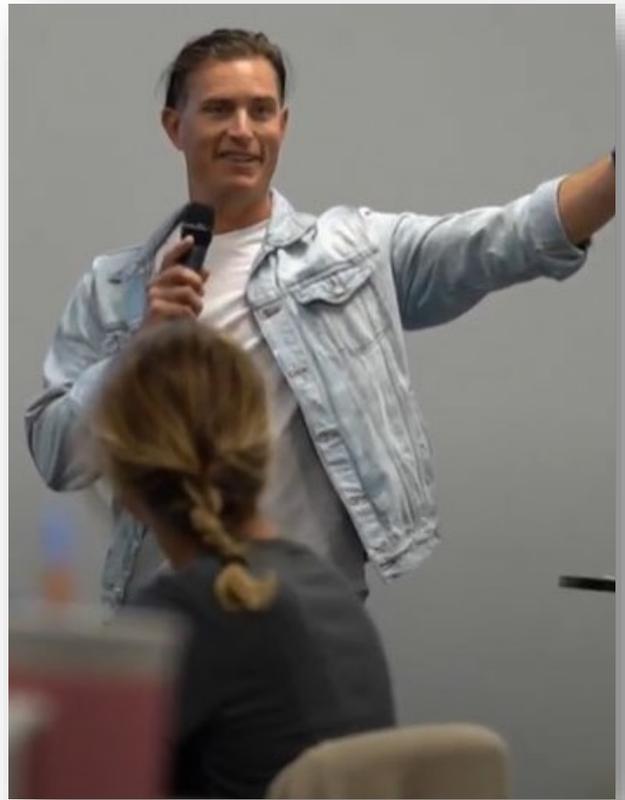
Keynote & Workshop

How to Prevent Conflict & Stay in Control Through Clear, Calm Communication

Today's fast-paced environments require clear, up-down-and-across communication with supervisors, teammates, and peers.

These same communication skills that keep teams effective at work are just as vital in personal relationships, helping to reduce stress, improve understanding, and strengthen connections.

Drawing from John Mollura's 15 years of experience leading test operations for NASA and elite U.S. military programs, this training will explore how structured communication and proactive preparedness can help you stay focused and adaptable whether in an emergency, a critical decision-making moment, or even at home.



Audience Takeaways

- 🚀 Learn the Up-Down-and-Across Communication Framework.
- 🚀 Identify what you can control so you're ready for life's curveballs.
- 🚀 Maintain your composure with adaptability.
- 🚀 Make decisions under pressure.
- 🚀 Increase communication effectiveness.

SPACE TO LEAD

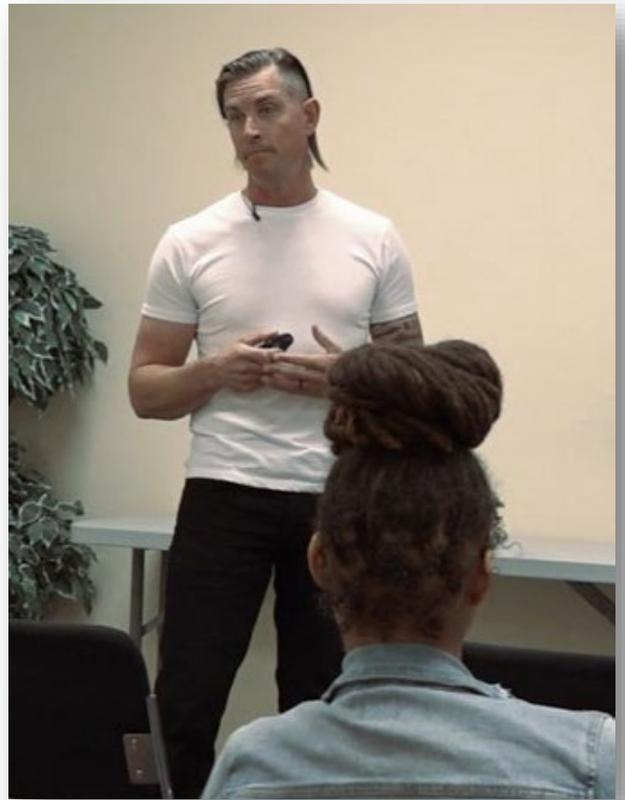
Keynote & Workshop

The Boundary Blueprint For Elite Performance & Enduring Impact

Without clear boundaries, our jobs and our service to others can take a toll, leading to burnout, frustration, and strained relationships.

Just as structure and discipline keep high-performance teams operating at their best, well-defined boundaries help maintain focus, energy, and control both on the job and at home.

Drawing from John Mollura's 15 years of experience leading test operations for NASA and elite U.S. military programs, while also balancing a 22-year marriage and raising three kids, this training breaks down how intentional boundary-setting keeps you effective in high-stress environments without sacrificing your personal life.



Audience Takeaways

- 🚀 Protect your time, energy, and mental clarity.
- 🚀 Establish and enforce clear limits to maximize performance.
- 🚀 Practical, professional ways to set limits with leadership, peers, and family.
- 🚀 Stay in control of workloads without feeling like you're letting people down.
- 🚀 Maintain boundaries over time, ensuring consistency and accountability.

NAVIGATE YOUR LEGACY

Keynote & Workshop

Get Clear On Where You're Headed & Who You're Becoming

Your legacy isn't an accident. It's shaped by who you intentionally choose to become. Yet most people drift, chasing success for years without ever defining what it truly means. The result? Burnout, frustration, and lack of fulfillment, even in high-achieving lives. This session helps participants press

pause, recalibrate, and chart a course toward a future that aligns with their deepest values. Grounded in clarity, identity, and purpose, John Mollura draws on decades of high-performance experience to help attendees define a destination worth pursuing and become the kind of person who can live it out. Whether you're in transition or simply ready to lead with more purpose, Navigate Your Legacy offers focus, direction, and the tools to make your next step intentional.



Audience Takeaways

- 🚀 Get clear on what a meaningful life actually looks like for you.
- 🚀 Learn how to stop drifting and start choosing with confidence.
- 🚀 Clarify who you want to become, and why that matters.
- 🚀 Identify what's fueling your direction (and what's derailing it).
- 🚀 Learn how to lead yourself with clarity, courage, and consistency.

Testimonials

"John delivered an outstanding keynote at the 2024 Volunteer Delaware Conference.

His insights on Elite Level Confidence were both inspiring and practical. The positive feedback we received highlights how impactful his presentation was in empowering our volunteer leaders.

Thank you, John, for making our conference a memorable and motivating event! We'd love to have you come back again!"



DIANE FREEBERT

State Office of Volunteerism,
Volunteer Delaware Volunteer
Services Manager

"John's vast background helps him relate to successful people in all walks of life and business. A real encourager and motivator!"



DREW S.

President - Select Financial Group

"Every interaction with John has left me a better person and encouraged by his positivity and enthusiasm and his contagious outlook on life.

John has the rare ability to keep a group on task and on schedule with the material, while simultaneously being able to listen and allow personal stories to guide the conversation.

Some people are good at keeping conferences and meetings on schedule. Others are good at allowing the attendees to share and customize the content. *John somehow does both.*

I have found him to be wise beyond his years, self-aware, a quick-study, and a natural leader. John Mollura is the guy you want on your team."



BILL SAMMONS

TV & Radio Personality

"I have heard a lot of the concepts that John talked about before, but the way he presented it and packaged everything really made it hit home for me."



BRIAN CARLSEN

Deputy Chief of Police
Williamsburg, VA - USA

"John's talk is inspiring, dynamic, and rich with strategies on taming the imposter that lives inside of us. John is an excellent speaker and his wisdom is transformational."



DR. BLANCA CAMPA

Founder - Resilience 101

"John's *Chasing the Vapor of Perfection* content really hit home for me. Also the *Relationship Sabotuer* was so eye-opening. I had no idea how this area has been impacting my confidence and I'm looking forward to working through those things.

I loved the questions and giving us time to actually write things down and talk about them. This moves me toward the application piece – not just being something cool I heard but how I can now apply it to my life.

My #1 take-away from John's workshop was "*Fear Hates Facts*"!

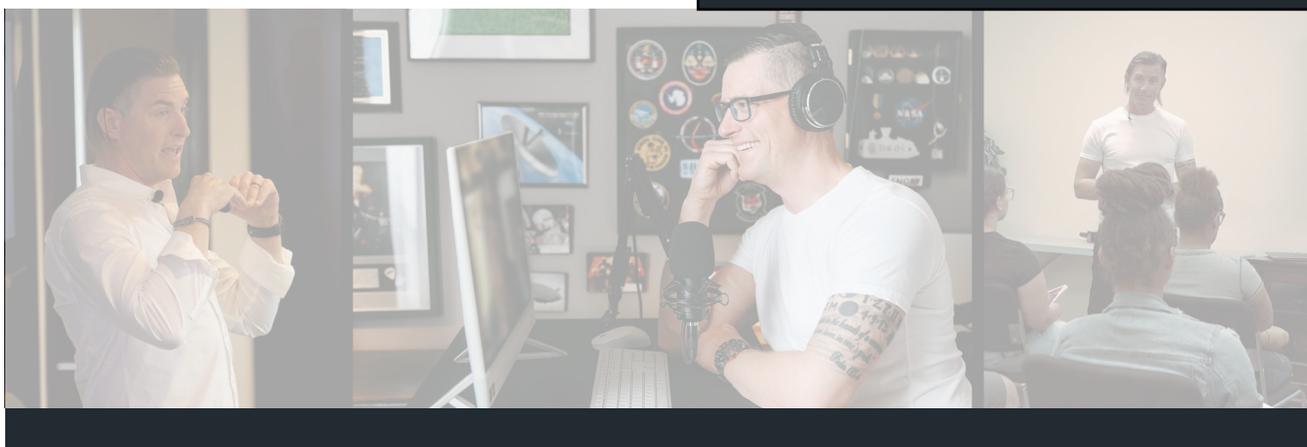


JULIE MACDONALD

United University

[Click Here to Read
More Testimonials](#)

Potential Questions



Here are some potential questions to help guide the conversation.

Question 1:	What causes overwhelm?
Question 2:	What are some practical steps to take to avoid overwhelm?
Question 3:	What are the actual costs of overwhelm?
Question 4:	What are some things that trip people up that they likely don't even realize?
Question 5:	How did you end up working on NASA Missions?
Question 6:	How did you make such drastic switches between engineering, photography, speaking, and coaching?
Question 7:	You talk a lot about your intention to do good in the world; have you always been that way?
If possible, please make this your last question	Where should people go to learn more about you?



Speaker Reel

3-minute video of John in action speaking & audience testimonials ([Link](#))

Media Appearances

- The Inner Circle On Air Podcast ([Link](#))
- Ones Ready Podcast ([Link](#))
- Your Leadership Brand Podcast ([Link](#))
- The Lab Creative Podcast ([Link](#))
- Wake Up Podcast ([Link](#))

Photos

Photos of John available for download ([Link](#))

Podcast Information

John will do his best to be stationary for this interview in his home studio prepared with front lighting, live video, audio headset, high quality microphone and sound equipment.

Please let him know if you have any special requirements.

John Mollura

Speaker | Coach

*To book John for your next
event please contact:*

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Phone: 302-222-6308

Website: johnmollura.com



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