

JOHN MOLLURA

SPEAKER | AUTHOR | COACH



Media Kit



John Mollura

Speaker | Author | Coach



CLICK TO SEE JOHN SPEAK

"John's presentation at our convention was nothing short of life-changing.

His message about letting go of perfectionism and choosing excellence really resonated with me.

I left feeling inspired, motivated, and ready to "let it fly." He has an incredible ability to connect with his audience in a real and meaningful way.

I highly recommend him!"



AMY PETERSON

President - Professional Photographers of Idaho

"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

"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

A portrait of John Mollura, a man with short brown hair and glasses, wearing a white button-down shirt, smiling at the camera.

John Mollura

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John Mollura spent 15 years leading mission-critical field testing supporting NASA and elite U.S. military units, where clear thinking, trusted teams, and decisive action were essential. Today, he is a keynote speaker, author of *Let It Fly*, and leadership coach who helps high-performing leaders and organizations create clarity, build trust, take decisive action, and grow confidence.

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

Across that work, John has seen a consistent pattern: sustainable high performance is built long before the moment of execution. It starts with clarity.

Leaders must first create clarity within themselves—separating facts from the assumptions, stories, and fear that can distort good judgment. They must then create clarity for others through clear expectations, direction, support, and follow-through.

**Because clarity builds trust. Trust enables decisive action.
And action creates the evidence from which confidence grows.**

Drawing from mission-critical environments, entrepreneurship, and hundreds of one-on-one coaching relationships, John brings practical frameworks and real-world perspective to the challenges leaders face when the stakes are high.

Through his keynotes and workshops, audiences learn how to:

- Separate data from drama under pressure
- Create greater clarity for themselves and the people they lead
- Build trust between leaders and teams
- Turn clarity into aligned, decisive action
- Build confidence through evidence and follow-through

John's keynotes combine the energy of a great stage experience with practical, powerful tools people can use when the stakes are high—helping them think clearly, build trust, take action, and create the confidence that follows.



In the Media

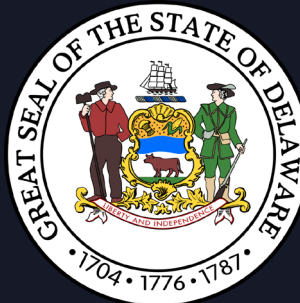
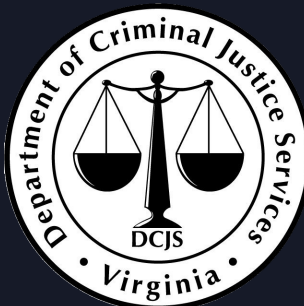
John has shared his thoughts on over *eighty* Podcasts, TV and Live Radio interviews.

"John's influence and energy is powerful."

Jaquie M. - Founder of Wise Ones Wellness Festival



John's Clients Include:



AmeriCorps



DELAWARE TECH

SEPARATING DATA FROM DRAMA

*Cut Through Mental Noise.
Lead Yourself With Clarity.*

High performers are rarely short on information. The challenge is knowing which information deserves their attention.

Under pressure, facts get tangled with assumptions, fear, past experiences, and the stories we tell ourselves about what something means.

Before long, a difficult situation becomes dramatic—not because the circumstances changed, but because our interpretation did.

In *Separating Data from Drama*, John Mollura helps participants recognize the difference between what they know and what their minds have added to the story. Drawing from mission-critical environments and more than 400 one-on-one coaching relationships, John shows how capable people can regain clarity before stress, self-doubt, or emotional reactivity hijacks their decisions.

Participants learn practical tools to slow the story without slowing down performance, identify what actually matters, and choose their next move from facts instead of fear.

Because better action starts with seeing the situation clearly.



Audience Takeaways

- » Separate facts from assumptions, interpretations, and emotional narratives.
- » Recognize the mental patterns that turn uncertainty into unnecessary drama.
- » Interrupt reactive thinking before it compromises decisions, relationships, or performance.
- » Clarify what actually deserves attention when everything feels important.
- » Respond to difficult situations with greater ownership, perspective, and confidence.

LEADING WITH CLARITY

Because Vague is Expensive

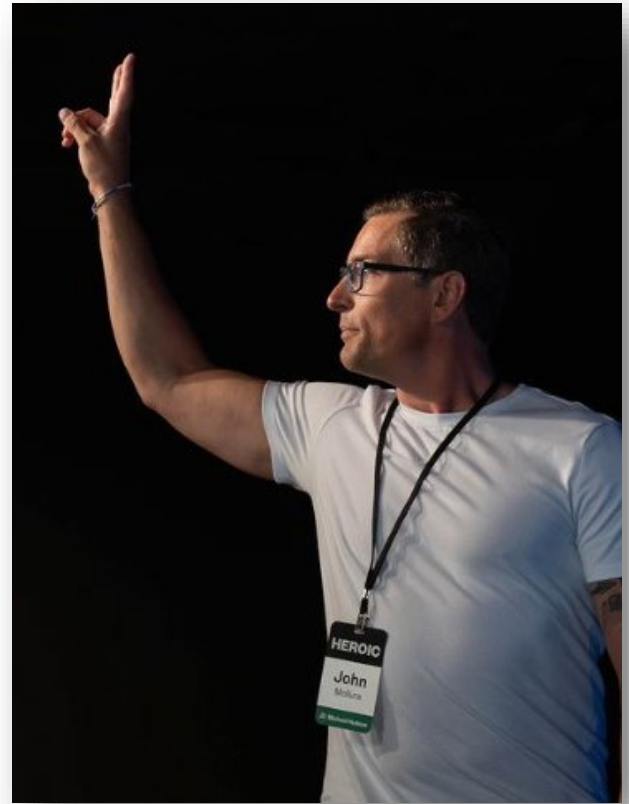
Unclear expectations create rework. Fuzzy priorities create hesitation. Poorly defined ownership creates dropped balls, frustration, and unnecessary conflict. Eventually, people stop asking questions, start making assumptions, and trust begins to erode.

In *Leading with Clarity*, John Mollura challenges the idea that high-performing teams are built simply by hiring talented people and expecting them to figure it out.

Using lessons from 15 years supporting mission-critical testing for NASA missions and elite U.S. military units, John reveals the reciprocal relationship that makes high performance possible.

Leaders build trust by providing Clarity, Direction, and Support. Teams reinforce that trust through Action, Alignment, and Decisions. When both sides understand their responsibilities, ambiguity decreases, communication improves, and execution accelerates.

This session gives leaders and teams a practical language for identifying where trust and performance are breaking down—and what to do about it.



Audience Takeaways

- » Recognize the hidden operational and human costs of vague expectations and communication.
- » Understand how Clarity, Direction, and Support strengthen trust between leaders and teams.
- » Equip teams to respond with stronger Action, Alignment, and Decisions.
- » Identify where ambiguity is creating hesitation, rework, conflict, or stalled execution.
- » Create clearer expectations and conversations that make accountability easier—not heavier.

LET IT FLY

*Stop Overthinking. Take Action.
Live with Confidence*

Most capable people aren't stuck because they lack ambition, intelligence, or motivation. They're stuck because too many things feel important at the same time.

When everything feels urgent, clarity disappears. Perfectionism disguises itself as preparation. Overthinking replaces movement. And the longer action is delayed, the more confidence erodes.

Based on his book *Let It Fly*, John Mollura shows participants how to cut through overwhelm, identify what actually matters, and take the next right action before they feel completely ready. Drawing from high-stakes testing environments, John reframes confidence as something we build through action—not something we need before beginning.

Participants learn to move from uncertainty to execution, replace perfection with intentional progress, and create evidence that says: *I can trust myself to move.*

Because confidence doesn't create action. Action creates evidence. And evidence builds confidence.



Audience Takeaways

- » Understand why overwhelm, overthinking, and perfectionism stall even highly capable people.
- » Filter competing priorities so the next right action becomes clear.
- » Recognize when preparation has crossed the line into avoidance.
- » Replace the pursuit of perfect outcomes with intentional, high-quality action.
- » Build lasting confidence by creating evidence through consistent follow-through.

Testimonials

"We asked John to speak to our administrators in April 2026, and we couldn't have been more pleased with him and the important message he delivered in such a unique, engaging, and relatable way. There were many compliments and expressions of gratitude for bringing him in. Highly recommend!"



JUSTINA THOMAS

Executive Vice President
Delaware Technical
Community College

"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

"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

"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

"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

"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

[**Click Here to Read
More Testimonials**](#)

Potential Questions



Here are some potential questions to help guide the conversation.

Question 1:	You say most people don't have an action problem — they have too many things that feel important at the same time. What do you mean by that?
Question 2:	Why do high-performing people often overthink the very things that matter most to them?
Question 3:	What is "mental noise," and how does it interfere with confidence, focus, and decision-making?
Question 4:	You spent years supporting NASA and elite military testing environments where clarity mattered. What did that environment teach you about decision-making under pressure?
Question 5:	Many people wait to feel confident before taking action. Why do you believe confidence actually comes after action?
Question 6:	If someone feels emotionally exhausted, mentally scattered, or stuck in self-doubt right now, what's one practical step they can take today to regain momentum?
Question 7:	Can you walk us through your HITS framework and how it helps people regain clarity when they feel overwhelmed?
If possible, please make this your last question	Where can people connect with 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](#))
- Overcoming Distractions ([Link](#))
- The Mason Duchatschek Show ([Link](#))
- Transforming Stress with Dr. Ash ([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

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

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[@john-mollura](https://www.linkedin.com/company/john-mollura)



[@johnmollura4477](https://www.youtube.com/channel/UCjohnmollura4477)