



JEFF ROGERS

VETERAN | SPEAKER | AUTHOR | COACH

Jeff Rogers is a retired U.S. Air Force Veteran, speaker, and author who connects with audiences through honest storytelling, real experience, and a message that stays with people long after the event ends. He speaks from the crossroads. the moment when everything you have built changes and you have to figure out who you are now. His talks are grounded, direct, and built for people who are done with empty inspiration.

Whether he is speaking to Veterans navigating life after service, professionals rebuilding after a major career shift, or anyone standing at a crossroads, Jeff meets people where they are and helps them take the next step.



FEATURED KEYNOTE

STILL STANDING

Real Resilience in a World That Wants You to Smile Through It

Everyone talks about resilience. Few tell the truth about what it actually looks like. This keynote cuts through the noise and pushes back on the idea that powering through with a smile is the same as moving forward. Jeff shares honest stories and hard-earned perspective on what it means to stay standing when life does not go according to plan. not because everything is fine, but because you *choose* to keep going anyway.

AUDIENCE TAKEAWAYS

- A reset on what real resilience looks like
- Tools for staying grounded when the pressure builds
- Permission to stop pretending and start moving forward honestly
- Language for navigating hard seasons without losing direction

ALSO AVAILABLE

The Transition Trap

When the World Moves On and You're Standing Still

Purpose in the Pause

Clarity, Identity, and Meaning in Life's In-Between Seasons

All talks available as keynotes, workshops, or panel discussions. Jeff tailors every engagement to fit your audience.

"Take care, be well, and go slow."