

## Jeremy C. Holm



As an American bobsled athlete and former head coach of **the United States Adaptive Bobsled Team**, motivational speaker and author **Jeremy Holm** has been entertaining audiences for over twenty years with powerful and life-changing stories and lessons gained through a lifetime of training for the Olympic Games.

After a brief stint in drag racing, as a sophomore in high school Jeremy experienced a four-man bobsled ride on the 2002 Olympic Park City track which launched a career in this adrenaline-producing sport. Since that day, Jeremy has become a sought-after keynote speaker and seminar facilitator who focuses on gold-medal leadership, enterprising teamwork, effective communication, handling adversity like a champion, exertive goal setting, and purposeful living to name a few.

Nearly one hundred thousand people across the nation have enjoyed the warmth, humor and motivational power of Jeremy's speeches, seminars, books and audio CDs. His books include *Fire on Ice: Gospel Lessons Learned Through a Lifetime of Sport* and *The Champion's Way: 12 Principles for a Gold-Medal Life*. His third book based on his grandfather's experiences as a World War II paratrooper is currently in production titled *When Angels Fall: From Toccoa to Tokyo, the 511<sup>th</sup> Parachute Infantry Regiment in World War II*.

Jeremy has addressed Fortune 500 Companies like **eBay** to locally-owned giants including **1-800 Contacts** and **Utah Valley University**. He has counseled and coached with gold medal Olympic athletes, world-record holders, Miss USAs, CEOs and renowned musicians, entertainers, authors and more.

Jeremy also is a popular speaker for K-12 educational institutions and regularly provides assemblies to strengthen future generations.

Apart from serving on and with several philanthropic boards and organizations including the **Boys and Girls Club of America** and **The American Lung Association**, Jeremy is the creator of **The Athlete Outreach Project**, a non-profit that utilizes Olympic and world-class athletes to support and promote non-profit institutions across the nation.

Additionally, Jeremy is the founder of **A Day of Champions**, a seminar series that allows Olympic and world-class athletes to share their knowledge and inspiration with junior high and high school competitors to better prepare them to succeed in sport and in life.

In his free time, Jeremy enjoys spending time outdoors, making memories with friends and family or sitting down with a good book on the beach. After battling anxiety and depression for much of his life, Jeremy determines every day to live by his very personal maxim: "There is always hope."