

# JASON BALLARD

Elite Performance Coach, Speaker, Dynamic Motivator

P: (262) 498-7167

E: jason@primetimeelevation.com

I: @primetimeelevation

L: jason-ballard-primetime



Jason is an expert on Time and Energy Maximization. From being a Track and Field Student-Athlete at the University of Miami (FL), his 17 Year Career on Wall Street, and devoted husband and parent, he has spent the better part of his life striving to being the most productive person possible to achieve his goals and dreams. It is now his mission to transform lives and organizations to not only survive, but thrive in life's storms!

## Speaking Topics

### ***How the Most Successful People Conquer the 24***

- Learn the "Vison, Plan, and Execute Concept."
- Become aware of how the elite focus on getting the most important tasks done first.
- Grasp how Perfectionism is the enemy of productivity.
- See how the power of Saying No maintains your focus on your missions.

### ***Burnout Prevention Through Energy Maximization and the Corporate Athlete Mindset***

- Harness how the four key sources of energy work together for sustainable peak performance.
- Absorb how to more efficiently spend energy and get proper recovery.
- Expand capacity through learning how pro athletes manage their regimens.
- Become aware how your purpose and missions in life dictate how to sustain your vitality.

## Testimonials

*Jason is extremely knowledgeable about his coaching and is committed to being elite at what he does. He develops his students not only professionally, but personally as well. I walked away with skills that made me a better leader, more confident, and most importantly gave me a better quality of life!*

**-Kelly Bennett**  
Linkhorst & Hockin, P.A.

*There is nobody that has more energy than Jason Ballard. The way he is able to balance what he does professionally, personally, and his involvement in the community is amazing. Not only can he coach, but he is a role model.*

**-Autumn Tapley**