

JASON BALLARD

Elite Performance Coach, Speaker, Dynamic Motivator

P: (262) 498-7167

E: jason@primetimeelevation.com

I: @primetimeelevation

L: @jason-ballard-primetime

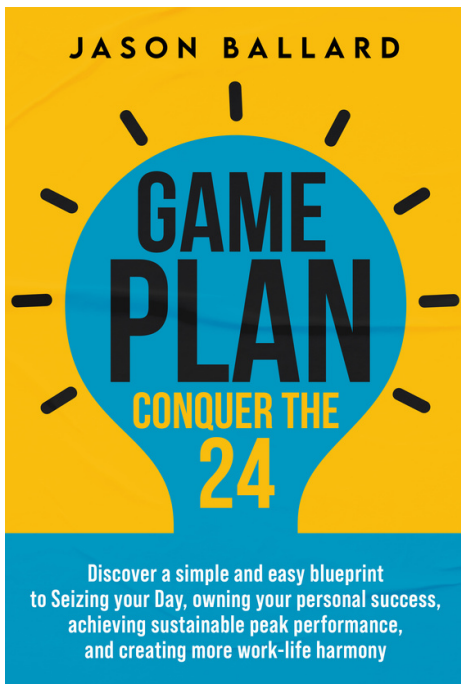
F: @Jason Ballard

W: www.primetimeelevation.com



Jason is an expert on Productivity, Time and Energy Maximization and Resilience. 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!

“Game Plan: Conquer The 24” Highlights



Are you ready to transcend the ordinary and enter the realm of the extraordinary? This isn't just a book, it's a transformative journey to the peak of your personal and professional potential.

- Stop going through the motions and learn how to not just yearn for more, but actually achieve it.
- This book is your guide, mentor, and cheerleader as you climb the mountain of success.
- discover how to tap into your inner reservoirs of resilience, creativity, and determination. Learn how to shatter self-imposed barriers, overcome fear of failure, and unlock secrets to sustained success in life and buisness.

Clients, Partners, & Media Apperances



JASON BALLARD

Elite Performance Coach, Speaker, Dynamic Motivator

P: (262) 498-7167

E: jason@primetimeelevation.com



Speaking Topics

How the Most Successful People Conquer the 24

- Learn the "Vision, 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.

The Art of Being Elite And Separating In An Average World

- Learn the 5 traits that are the foundation for success regardless of what genre you are in.
- Develop a formula for creating the vision that desire and deserve for your future.
- Forge the ability to grow at a quicker pace than the masses.
- Gel a group of individuals into a Culture of Separators.

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.

Resilience for Sustainable Peak Performance

- Master the 4 components of resilience and how they relate to your performance.
- Discover how your purpose helps redefine your stress and carries you through times of depletion.
- Find a blueprint to create the best form of your self.
- Comprehend how one can renew themselves efficiently.

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.**

Jason brings a sense of energy that is hard to resist. He is no-nonsense in his approach and puts you squarely in line with the words, beliefs, and actions that will get you to the exact place you want to be.

**-Jimmy Glenos
International Coaching Federation**