



T2T

Christopher Ray Coleman

SPEAKER - COACH - AUTHOR



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BIOGRAPHY

Christopher Ray Coleman is a Keynote Speaker, Performance Strategist, and Author. He's the Founder & CVO of Triggered 2 Triumph, a brand that helps student-athletes transition to play the infinite game of life. He has over 10 years of business experience, over 20 years of coaching/consulting experience, and over 30 years of peak performance experience. And after experiencing an adverse-filled Life After Sports transition, he aims to help SAs reject burnout and choose flow.

Chris has taken all of his knowledge, experience, and wisdom and placed them in the book "Triggered 2 Triumph: A Student-Athlete's Playbook To Winning Before, During, & After The Game".



KEY TALKS

- Triggered 2 Triumph
- Remember Who You Are
- The 8 Traits Of A Lifelong Learner
- Grow With The Flow

SADV WORKSHOPS

- Life After Sports
- Peak Performance

STAFF WORKSHOP

- PROACTIVE - 8 Strategies to Better Connect with the Modern-Day Student-Athlete

PAST TALKS



The Collegiate Entrepreneurs' Organization
AT UNIVERSITY OF SOUTH ALABAMA



TESTIMONIAL

"Chris is as real as they come. When he speaks with passion it's because he has experienced the highs and lows of life. This is what drives him to work as hard as he does, as well as instill the same drive in the people around him."

-TJ McCord, Owner of Quikfits Wellness & Fitness, Former Pro Football Player, and State Champion High School Football Coach