

Ben Newman

International Speaker, Best-selling Author & Performance Coach

Ben Newman is a Best-Selling Author, International Speaker and highly regarded Performance Coach whose clients include top companies around the world, business executives, high performing sales organizations and professional athletes in the NFL, PGA and NCAA. Ben's book, "Own Your Success" was ranked by CEO READ as their #13 business book of 2012! In addition in 2012, The Napoleon Hill Foundation recognized Ben as one of the TOP 51 speakers & thought leaders in the World!

Ben's renowned Boot Camp's, speaking, books, blogs and videos empower and inspire thousands of individuals each year to maximize results in their lives personally and professionally. Participants are able to uncover their true potential, ready to create the life they are meant to fight for and enjoy. Ready to take on THEIR relentless pursuit of greatness: Their Prizefighter Day!

Ben's mother, Janet Fishman Newman's death, 11 days before his eighth birthday, left a cavernous hole in his universe. Yet while his mother passed away all those years ago, not a single day goes by without the reminder that she helped Ben become the man that he is today. Her strength, her love, her work ethic and her legacy live on through him, through the family he has created, and through the work he does. He has come to realize that she was demonstrating a very important truth – our circumstances in life are much less significant than our responses to them.

Ben empowers audiences to recognize that "YOUR success is not just about changing YOUR habits, it's about changing the way YOU think." His clients have included: United States Army, MARS Snackfoods, St. Louis Cardinals, Northwestern Mutual, AFA Singapore, Mass Financial Group, Wells Fargo Advisors, Great West Life Canada, Boston Medical Center, Boys & Girls Club of America, St. Croix, New York Life, The University of Iowa and The Minnesota Vikings.

As well as thousands of executives, entrepreneurs, athletes and sales teams from around the globe who attend his speeches and seminars.

His authentic, powerful, and engaging presentations have become nationally recognized. Ben has shared the stage with Tony Dungy, Colin Powell, Brian Tracy, Ken Blanchard, Jon Gordon, Dr. Jason Selk, Floyd Little, Aeneas Williams, Walt Jocketty and other leaders and legends in the world.

Ben is a 6-time author and his latest book, [Leave YOUR Legacy](#) was recently ranked as a Top 25 Business Book by CEO Read. He is also the author of the National Bestseller *Own YOUR Success*, *YOUR Mental Toughness Playbook*, *Fight the Good Fight* & *Pocket Truths for Success*. In addition, Ben was a co-author of the recently released *Napoleon Hill's 17 Principles of Success*.

Ben lives in his hometown of St. Louis, Missouri with the true measure of his success, his wife, Ami, and their children, J. Isaac and Kennedy Rose.

To schedule Ben Newman for an interview or for your next event please contact

The Ben Newman Companies at info@BenNewman.net

"Fight the Good Fight," is one of those quick reads that I had trouble putting down. The heart gets involved as Ben Newman exposes his own, with the tragedies that motivated him to help others. The idea of persistence, and legacy are right on track with every successful athlete, and business man I know, and the insights in this book will hit the competitor in each of us, right between the eyes."

Mike Matheny

Manager of the St. Louis Cardinals
4-Time Gold Glove Catcher Major

"The energy and enthusiasm for life in the room was was off the charts during Ben's presentation. The LEGACY and mental toughness message that was delivered inspired all of us to strive for our potential as we prepare together for the next chapter of our Creighton Basketball program."

Steve Merfeld

Creighton Basketball
Assistant Head Coach

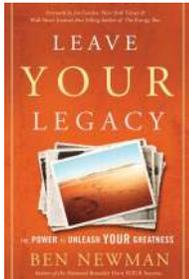


www.BenNewman.net

Keynotes, Seminars and Mental Toughness Training based on Ben Newman's books

All keynotes and seminars are customized to meet the goals and objectives of each client

"Leave YOUR Legacy"



Learn to live a truly exceptional life with the help of author, speaker, and performance coach Ben Newman. In *Leave YOUR Legacy*, you will see firsthand how to drive impact by changing your perspective and connecting to your life's purpose.

Newman shows you how to be your best self with this touching story that clearly illuminates the steps needed to create major change in your life by following the ups and downs of the protagonist, Pierce. Join Pierce on his journey to greatness--from the humble beginnings of enacting change and resisting old behaviors to the reframing of his thoughts and actions and eventually understanding his legacy.

"As you read Ben Newman's book, I know you will be more inspired than ever to leave a powerful legacy. Ben and I share many similarities on our paths of life, and we connect deeply on this concept of legacy. We both know that life is temporary, but the legacy you leave is eternal. For this reason I'm excited that Ben has delivered a life-changing message in the form of a story that will drive you to think differently about your life and embrace the story of the legacy you are writing."

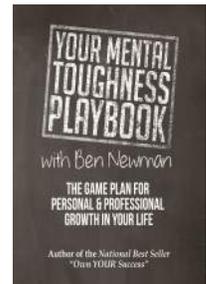
Jon Gordon, Wall Street Journal bestselling author of *The Energy Bus*

YOUR Mental Toughness Playbook

Are you ready for the next level of YOUR success?

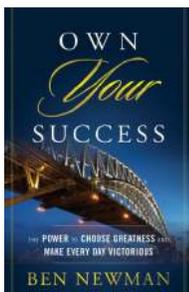
This playbook and video series is about YOUR mental toughness and embracing the fact, that your success is not just about changing your habits it's about changing the way that you think. The most successful people are those who exemplify the importance of combining great habits and passion for the process with their ability to embrace adversity and challenge, to remain strong in driving their goals to completion.

In this program YOU will explore six phases of YOUR Mental Toughness. The phases include Attaining Belief in Yourself, The Power to REFRAME, YOUR "I AM" statements, YOUR Prizefighter Day, YOUR Legacy Statement, and creating YOUR Environment for Greatness.



This program has seen proven results with athletes in the NFL, PGA and NCAA as well as Fortune 500 executives and top business professionals all over the world. Are you ready to embrace YOUR mental toughness?

"Own YOUR Success: The Power to Choose Greatness and Make Everyday Victorious"



National Bestseller and named by CEO Read as their #13 Business Book of 2012!

What if you could make each and every day victorious by focusing on daily activities rather than obsessing over results that you can't control? Based on author Ben Newman's popular program, *Own YOUR Success* gives you the power to make each day a triumph. The most successful people find great success when they focus on having a passion for the process. The key: make today victorious regardless of the obstacles that come your way. Figure out what fires YOU up without exception and ignite that passion so that you can routinely create your prizefighter day.

Own YOUR Success will lead you to uncover your true potential and create a life that belongs to YOU.

"I firmly believe that we are where we are in life because of our choices. Being great is also a choice and it helps if there are resources that would help us understand the process that causes one to be great. Well now you have it! [Own Your Success](#) is one of those resources. Read it and it will help you release your potential."

Aeneas Williams, NFL Hall-of-Fame Cornerback, 14 year NFL Veteran and 8 time Pro-bowler

What your listeners will learn during an interview with Ben Newman:

- ◇ Learn that “YOUR success is not just about changing YOUR habits, it’s about changing the way YOU think!”
- ◇ How to take ownership of life and how to recognize real success through YOUR passion for the PROCESS.
- ◇ How to unlock the power of YOUR Mental Toughness for YOUR next level of SUCCESS.
- ◇ How to focus on daily actions and let the results take care of themselves

Suggested Talking Points

⇒ Leave YOUR Legacy

1. The stories of athletes in the book are very inspiring. Are they based off of real athletes you have worked with and have impacted you?
2. Staying on this topic, how do you select characters for your books?
3. Unlike many books on leadership, this is a work of fiction. However, can you tell us how much of the lead character, Pierce Edwards, is you?
4. You have run successful companies yourself and continue to do so, what do you feel is the most important factor to your success?
5. How much of this is attributed to teamwork?
6. Coach Edwards (or Coach E) insists that we focus on the daily activities and not the results. Why is this so important?
7. The Coach recommends people wake up an hour early to exercise. Is this realistic for most people? Is it worth it?
8. Why would helping others be important in the life of a successful person?
9. What is a living legacy and why is it important?
10. How can we learn more about you and your book, *Leave YOUR Legacy*?

⇒ YOUR Mental Toughness Playbook

1. Please share with us your beliefs around the first principle of sport psychology regarding mental toughness and how it not only applies to athletes, but it’s application for all of us?
2. Which of the 6 Mental Training tools that have been put to the test by athletes in the NFL, PGA, NCAA and professional baseball as well as by FORTUNE 500 businesses and successful entrepreneurs is your favorite?
3. You have run successful companies yourself and continue to do so, what do you feel is the most important factor to your success?
4. How much of this is attributed to teamwork?
5. What are the most powerful lessons of TEAMWORK you have learned from your work with professional and collegiate athletes and teams?
6. Have you found a common denominator of success between successful business professionals and athletes?
7. Talk to us about the importance of a Morning Routine or what you like to call “YOUR Prizefighter Day Morning?”
8. Why is the concept of LEGACY so important to you? Is a focus on LEGACY a driver for success?
9. How can we learn more about you and your book, *YOUR Mental Toughness Playbook: The Game Plan for Personal and Professional Growth in YOUR Life*?

Testimonials

"If there is one book you need to read right now to create the life and career you want, it is *Own YOUR Success*. The story will inspire you. The lessons will enlighten you. And the actions you take will transform you! Read this book and Own Your Success today!"

Jon Gordon

Wall Street Journal bestselling author of *The Energy Bus*

"*Own YOUR Success* will give you the tools and the beliefs in order to make a difference in your life moving forward and to leave a dynamic legacy for the world."

Dr. Jason Selk

Director of Sport Psychology for the 2011 World Series Champion
St. Louis Cardinals

"Ben's passion, his presentation skills and most importantly simple and real life stories that everyone can relate to, create the most powerful and emotional moments that produce passion and 'can do attitude'. We (the entire leadership team) still talk among our teams about points that Ben made during his speech, everyone gets it and everyone feels motivated to 'fight the good fight' as Ben would say it."

Sasa Jaramaz

Director of Operations
Ritz-Carlton, St. Louis

"I can't tell you how many times I refer to this book (*YOUR Mental Toughness Playbook*) every day when I'm going through the daily grind. I've been blessed to have the author Ben Newman as my friend, motivational and spiritual leader."

Jonas Gray

Running Back for The New England Patriots
Super Bowl Champion

"Ben, you had more than a few of us in tears. We laughed, we cried. It was the most trans-formative meeting of *Leadership for Change* ever. It was the first standing ovation ever! Your words gave us the opportunity to appreciate ourselves, each other, the mission that brings us together and the difference we make."

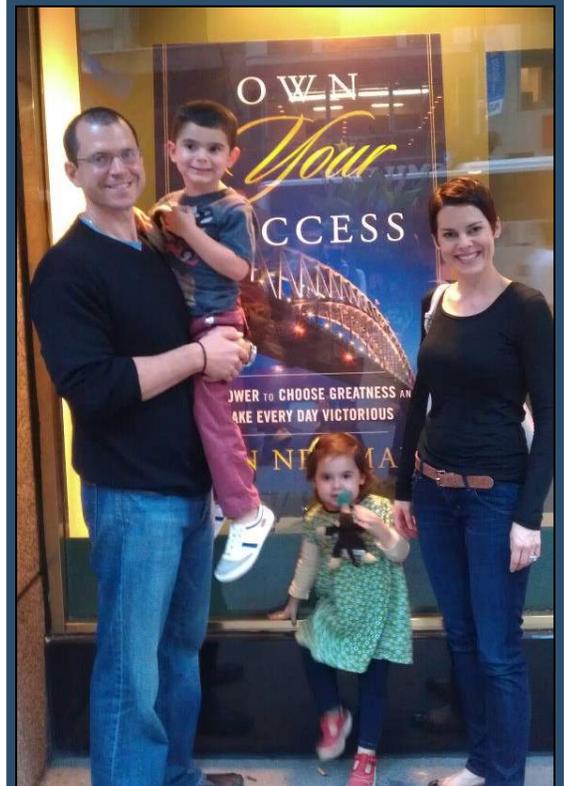
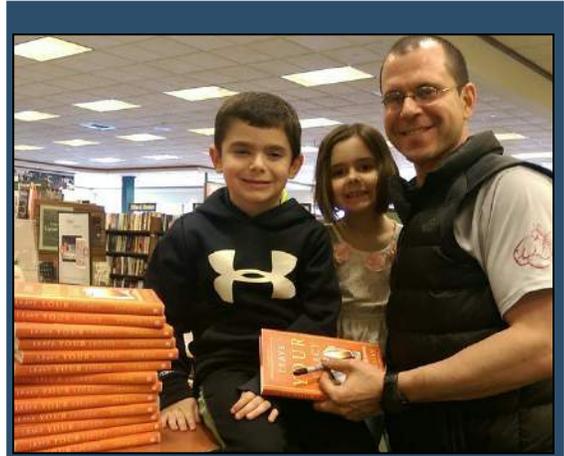
Elaine Ullian, Former President & CEO

Boston Medical Center

"Ben's passion is to fire up everyone he meets. His energy is contagious. *Leave YOUR Legacy* will challenge you to uncover your drive, passion, and potential. Thank you, Ben, for showing me how to make a difference."

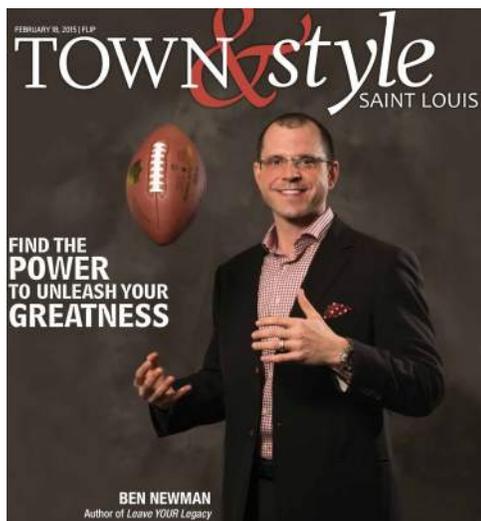
Teri Griego

Inspirational Speaker & Author
Cancer survivor & Ironman triathlete



www.BenNewman.net

THE BEN NEWMAN COMPANIES



Ben Newman named as one of the **Top 100** St. Louisans to Know to Succeed in Business



Ben Newman named to St. Louis Business Journal's 40 Under 40 Class of 2013



by The Napoleon Hill Foundation

as one of the **TOP 51** speakers & thought leaders in the World!



Selected by the Hoopis Performance Network as one of their **TOP 10** rated speakers for the Financial Industry



St. Louis' Best in Customer Service
Building An Extraordinary Workplace
Meet STL's Education Heroes

Stop Settling For Second Best

Meet Ben Newman And Learn How He's Helped Pro Athletes And CEOs Reach Their Peak Potential



WINNER **B.** **TOP 25 BOOKS OF 2012**
13 BESTSELLER
Own YOUR Success: The Power to Choose Greatness and Make Every Day Victorious
by Ben Newman, John Wiley & Sons

You're invited:
 The Biggest Marketing Event Of The Year
ST. LOUIS BUSINESS EXPO, April 8, 2014
 BOOTHS AVAILABLE Reserve your space 314.569.8075
www.stlouisbusinessexpo.com/about