

Short Bio

Jeremiah Brown went from complete beginner to Olympic medalist in just four years, clocking 4,000+ hours of training with zero prior rowing experience. His #1 national bestselling memoir, *The 4 Year Olympian*, chronicled what became the ultimate test of willpower, resilience, and team alignment. Today, he delivers keynotes that help organizations Move as One—bringing even the most aggressive goals within reach for teams navigating high-stakes change.

Medium Bio

Jeremiah Brown did something most people would never attempt. After watching the Canadian men's eight win Olympic gold, he moved across the country to learn to row from scratch with one goal: make it to the next Olympics. Four years and 4,000+ hours of training later, he stood on the Olympic podium with a silver medal.

What makes that achievement remarkable isn't just the outcome. After finishing dead last in the opening heat and being written off by the media as spectators, Jeremiah's team surged back in the final, outperforming their third-seed ranking to claim the silver everyone said was impossible.

Today, Jeremiah delivers keynotes that bring even the most aggressive goals within reach—for teams who choose to do hard things, together. Built around his signature framework, The Stroke Cycle, his keynotes help organizations Move as One, so they can execute at the highest level no matter the day.

Long Bio

After watching the Canadian men's eight win Olympic gold in 2008, Jeremiah Brown made a decision so absolute it rendered his excuses irrelevant. He moved across the country to learn to row from scratch, with one goal: earn a seat in the Canadian men's eight in time for the 2012 London Olympics.

What followed was four years and 4,000+ hours of relentless training. For every moment of humiliation when his inexperience left him floundering and exposed—every capsized into freezing water, every stroke where he missed the water completely—he had to find not just the grit to keep going, but the self-compassion to continue when his goal felt impossibly out of reach.

He also had to learn what it actually takes to win as part of a team. In rowing, maximum individual effort without synchronization is a liability. The force that moves the boat isn't talent but total alignment, full commitment from every seat, and a refusal to let each other down. That understanding became the foundation of everything Jeremiah teaches organizations today.

The climax of his Olympic journey didn't go the way anyone expected. After finishing dead last in the opening heat and written off by the media as spectators, Jeremiah's team mounted one of the most improbable comebacks in Olympic history, charging from behind in the final and outperforming their third-seed ranking to claim the silver everyone said was impossible.

Jeremiah now delivers keynotes that bring even the most aggressive goals within reach for teams who choose to do hard things, together. His signature framework, The Stroke Cycle, gives organizations a proven model for building the trust, accountability, and collective commitment they need to Move as One—no matter the day.

He is the author of the #1 national bestselling memoir *The 4 Year Olympian* and the forthcoming book, *The Stroke Cycle*. Past clients include Cisco, Spotify, Johnson & Johnson, Siemens, L'Oréal, and TD Bank.

AV Needs

Computer and Projection

To ensure the best experience for your audience, Jeremiah creates his own slides rather than use branded slide templates — except for the title and final slides of his presentation, when you'd prefer him to use them.

Jeremiah prefers to run his PowerPoint presentation on his M2 MacBook Pro Laptop with a HDMI output connecting directly to your projection and audio system. As a back-up, he'll also bring his PowerPoint presentation to your event on a USB thumb drive and make a copy of his presentation available for download via large file transfer service like WeTransfer.

Jeremiah's presentation is in 16:9 display ratio. Jeremiah will need a large screen or projector so that everyone in the audience can clearly see the content on screen and a wireless clicker to move between slides.

For larger venues and stage productions, Jeremiah can customize visuals to fit any wall-to-wall LCD or other unique stage setups you may have to drive maximum impact.

Videos and Sound

Jeremiah's presentations contain embedded videos. Any muted videos you see are muted by Jeremiah on purpose and any black slides between content slides are intentional to redirect the audience's attention back onto Jeremiah. The last video in his presentation is unmuted on purpose and should be played at full volume.

Confidence Monitor and Timer

Although it's not required, Jeremiah prefers a confidence monitor or his laptop setup within viewing range of the stage. A timer is not required, but is welcome if available.

Microphone and Audio

Jeremiah requires a wireless lavalier microphone or high quality headset mic connected to a high-quality audio system. Laptop audio must run through the house system at a volume audible to the full audience. The sound system should be tested and functioning properly before Jeremiah's arrival.

Nothing on Stage

Jeremiah is a dynamic speaker who uses the entire stage to engage your audience. He prefers no podium, chairs, tables or other obstructions to be on stage. If a podium must be present, he prefers it to be pushed back so that he can walk in front of it unencumbered during his keynote.

A/V Test

Jeremiah must have the ability to do an audio/visual test no fewer than 30 minutes before taking the stage before the audience enters the room to ensure a buffer for any technical troubleshooting that may be required.

Stage Intro

How can you embrace change, accelerate growth, and move as one? Our next speaker wants to illuminate that path.

Jeremiah Brown is one of few Olympians ever to go from complete beginner to Olympic medalist in less than four years.

Along the way, he navigated one of the most grueling selection processes in sport, before helping his team pull off one of the most remarkable comebacks in Olympic history.

By every measure, what Jeremiah accomplished was the ultimate test of willpower.

But his journey changed his understanding of what it takes to bring even the most aggressive goals within reach—for teams who choose to move as one.

Please join me in welcoming... Jeremiah Brown.