

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 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.