

John Coyle

Olympic Silver Medalist and Entrepreneur

John K. Coyle, Founder of The Art of Really Living, author of *The Art of Really Living Manifesto: Reversing the Acceleration of Time* and is one of the world's leading experts in innovation and Design Thinking. He is a graduate of Stanford's "d.school" where his academic advisor was David Kelley, the founder of IDEO and Steve Jobs' right hand man. John earned his MBA from Kellogg and is an **Olympic silver medalist in speed skating**, NBC sports analyst, and SVP and Professor of Innovation.

John has been applying "design thinking" to companies, careers, lives and leadership challenges for more than 20 years. As a speaker and author, his talent is weaving facts, examples and intellectual principles into **engaging stories** which bring his topics to life and really make you think. They are inspiring, practical and actionable.

A thought leader in the field of horology (the study of time), John is an expert on how to stop the perceived acceleration of time, and create summers that last forever. John's message: The best way to unlock human potential and drive growth is to design lives, careers, and teams maximizing strengths rather than fixing weaknesses. The best way to innovate your life and business so you can take on greater challenges and grow, is to increase personal resilience. When you design your life around your strengths and cultivate your resilience, you can master the art of really living: creating more meaningful experiences and intense memories.

In his presentations, John shares real-life stories from his experiences of finding his own strengths and resilience as an Olympian, innovator and father. His metaphors and practical guidelines empower his audience to take extraordinary action to innovate their lives and careers to achieve breakthrough performance and create meaning in the process.