

## **Cal Ripken, Jr.**

Legendary "Iron Man" of Baseball

**Just Show Up: Enduring Values from Baseball's Iron Man.** Cal Ripken Jr. is a baseball legend. But legends aren't born, they're made. In this talk, Ripken reflects on his life and career, offering lessons-learned for the next generation and those to come. He shares the values he has lived by, stories behind what it took to keep the streak alive, and what it meant to bring the World Series to Baltimore. Ripken's message is simple yet poignant, and essential wisdom to anyone trying to forge a successful life in times that are often chaotic. Blending insights from sports, business, and a life well-lived, Ripken outlines eight rules for the game of baseball and life, drawn from the lessons he has learned on and off the field.

**The Keys to Perseverance.** A one-of-a-kind athlete, role model, and motivational speaker, Cal Ripken, Jr. talks to audiences about the skills that were key to his success: leadership, loyalty, patience, and perseverance. Using his own experience as an example, Ripken demonstrates to audiences how these qualities lead to success not only in baseball, but in business as well.