

Dan Crossen

Double Amputee, Former Navy Seal Lt. Commander & 7-time Paralympic Medalist

Inspiration / Overcoming Adversity If you're looking for a keynote speaker to share an astonishing story of survival, grit and resiliency in the face of seemingly insurmountable adversity, Dan's personal journey from the battlefields of Afghanistan to the podium at the Paralympic Games is sure to inspire your audience to confront any challenge head-on.

Leadership 'Servant Based Leadership', 'Constantly Improving Your Tactical Position', 'Succession Planning' and the counter-intuitive, 'Not Knowing Is A Position of Strength' are some of the principles Dan demonstrates in this presentation targeted to your company's directors and team leaders.

How To Create Momentum Out Of Life's Most Difficult Situations $Mass \times velocity = physical \text{ momentum}$. Physically cut in half by a bomb blast, and immobilized for months by his injuries, Dan found himself at his own personal Ground Zero, void of any momentum. In this presentation he describes the two key elements necessary to create momentum in life when confronted with seemingly insurmountable adversity.

Mental Toughness / Grit / Goal Setting Navy SEALs don't tolerate inefficiency, excuses and mediocrity. If you're looking for a speaker to not only inspire your team, but to equip them with tangible steps to set and achieve far reaching goals while navigating any obstacle, this is the presentation you're looking for. Dan shares the mental tools that got him through the most grueling military training in the world, and how those tools translate to business and life.