Connor Fields

Olympic Gold Medalist and BMX Racing Legend

Now What? Moving forward after wins, losses, missed targets, and sudden change. What would you do if the goal you worked toward your entire life was finally within reach, but achieving it passed you by? How would it feel to achieve your wildest dream? What would you do to keep moving forward? What would you do if your foundation was rocked, and you were forced to adapt to unforeseen change? Connor Fields shows you and your team how to move forward after wins, losses, missed targets, and sudden change in his keynote “Now What?” Connor is the only Olympic Athlete who has both won a gold medal, and nearly died while competing at the Olympic games. His 11-year career as a professional BMX racer, and as one of the most dominant athletes in his sport, was built on the foundations of precision, preparation, and peak performance. He can teach what it takes to win at the highest level. But, it is his experience as an athlete whose career was marred by a brush with death, that has given him a unique insight on how to move forward when everything changes in an instant. In his keynote, “Now What?” Connor walks his audience through his journey to the olympic games —where triumph and failure collided— and shares how resilience, adaptability, and mental strength shaped his path. From choking in his first final, to bringing home gold, to fighting for his life, he learned that having a true champion’s mentality isn’t just about reaching the summit—it’s about how you rise again, and find a way to keep going, when faced with what seems to be an impossible obstacle. In “Now What?”, audiences learn how the decisions he made in his most pivotal moments kept him moving forward and on toward success. Because encountering change or adversity is not a matter of “if’, it’s “when”, and the real differentiator isn’t talent, it’s preparation. What separates those who “tried” from those who “succeeded” is having the resilience, identity, clarity, and decision-making framework in place *before* disruptions hit. Through powerful storytelling and practical tools, Connor inspires audiences to: Set Clear Goals: Once you know what you want to achieve, how do you get there? Connor outlines his step-by-step process to tackling big goals. Lean Into Resilience: After a failure, what do you do to get better? Connor shares what he learned from failing at the highest level: how to correct mistakes and get them right the next time around. Sustain Success: Now that you have won, you have met your goals, how do you stay at the top? Be ready to sustain success with insights from someone who stayed in the top 5 of World Rankings for over a decade. Keep Failure in Perspective: No one wants to fail, but if you are here, you have a chance to fix it. Nearly losing your life and having the world’s attention to see if you would survive changes the way you look at failure. Be able to keep failure in perspective and stay optimistic about the future. In his keynote, “Now What?” Connor Fields teaches you how he has faced answering that question in the most pivotal moments in his life. Each of us will face challenges that cause self-doubt. We all reach pivotal moments. We all get stuck. Connor equips you with the tools to answer that question and move forward each time. This incredible keynote presentation delves into the crucial powers of resilience, adaptability, overcoming failures, unwavering determination, and perspective, empowering

you to face challenges head-on. With compelling personal stories and hard-earned insights, Connor empowers attendees to be ready to answer the question “Now What?” every time.