

Ruben Gonzalez

4-Decade Olympian - Business Author - Award-Winning Leadership Speaker

Becoming Unstoppable: Success Secrets of a Four-Time Olympian Discover how you can reach your goals by following the same success principles Ruben followed to make it to the Olympics. This program is perfect for a group facing change, challenges or set-backs to overcome. Your audience will learn how to become resilient and how to become unstoppable on the way to the top. Your people will learn: How to condition their minds for success. How to become unstoppable in the face of challenges. How to take their commitment to a higher level. How to become confident and laser focused.

Leadership Secrets of a Four-Time Olympian When Ruben got started in the luge he thought he could do it all himself. Along the way Ruben realized that he needed to learn some leadership skills and create a team of people. Ruben was able to create a Dream Team and by working through his team he was able to realize his Olympic dream. Discover how to engage people in your mission. Your people will learn: How to engage their teams. How to communicate effectively as a leader. How to use Emotional Intelligence to connect with their people. How to achieve maximum positive impact with their teams.

Sales Secrets of a Four-time Olympian Ruben sold copiers in downtown Houston for several years. He regularly speaks for sales kickoffs all around the world. Ruben doesn't talk about sales techniques and closes. He talks about attitude, stick-to-ive-ness, and mental toughness. The things that it really takes to succeed in sales and in life. Your people will learn: How to become high performers. How to gain a competitive advantage. How to separate themselves from their competition. How to commit to their goals.

Taking Advantage of Change – Secrets of a Four-Time Olympian Anybody that can switch from soccer to luge at the age of 21 and make it to the Olympics knows a thing or two about embracing change. Whenever conditions change, whoever adapts first wins. Change is actually a good thing because it is like a blank slate – it gives you an opportunity to get ahead of your competition. Your people will learn: How to navigate challenges, problems and setbacks with agility. How to use creativity to stay ahead of the game. How to take advantage of change to surpass your competition. How to thrive in the midst of uncertainty and change.

Overcoming Challenges – Secrets of a Four-Time Olympian Ruben didn't take up the sport of luge until he was 21 years old. He was a marginal athlete, lived in hot and humid Houston, Texas, and financed his Olympic training himself. People laughed at him and said he was crazy. He broke many bones on the way to the Olympics and eventually became the only person to ever compete in four Winter Olympics each in a different decade. Your people will learn: How to become resilient in

the face of challenges. How to become mentally tough. How to create the mindset of a champion. How to win regardless of the circumstances.

Safety and Managing Risk – Secrets of a Four-Time Olympian Ruben shares risk management principles peak performers follow to win more in life. He does this through entertaining stories about climbing Kilimanjaro, skydiving in South Africa, lugging, running with the bulls in Pamplona, and other great high risk experiences where Ruben was able to stay injury free by managing the risk around him. Your people will learn: How focusing on the task at hand increases safety. How to take responsibility for your results. How to using due diligence prevents accidents. How to be present and how to create contingency plans.

Journey to the Olympics: ?How the Immigrant Experience and Growth Mindset Drove Me to Succeed Ruben Gonzalez was born in Argentina and immigrated to the US with his family when he was six. Ruben's experience as an immigrant and the adversity he and his family had to overcome, fueled his drive to succeed. Empowered with a growth mindset and believing that he could achieve anything he worked at, Ruben became the first person to ever compete in four Winter Olympics in four different decades. ?Ruben's incredible Olympic story will inspire and equip your people to win. Your people will learn: How to develop a growth mindset that will fuel their drive to succeed ?How the willingness to make mistakes is what makes champions. ?How to become unstoppable in the face of challenges ?How to condition your mind for success