



**CHARLES' SPEECH TOPICS**

**Charles is a highly booked speaker because he addresses real issues that everyone faces. He builds a genuine connection with each audience member, talking to them to inspire, shift perspective, and take action.**

Adversity cripples dreams. It puts fear inside of us and stops the momentum needed to achieve greatness. Charles understands the impact of adversity after facing a career-ending injury that shut down his goal of being a world-renowned track and field athlete. That's why he's turned his story into a message that's impacted thousands across the globe including c-suite executives, sales teams, universities, professional athletes, and many Fortune 500 businesses.

For over a decade, Charles has been a sought-after motivational speaker with an unforgettable message of "thriving," a relevant topic for organizations and individuals experiencing adversity or desiring to rise to the next level. Charles uses a variety of proven methods to break down internal and external walls that are keeping people from their greatest potential.

Whether you are planning a small company event or large conference, Charles creates customized, engaging experiences for a range of event styles. **The common goal for Charles' speeches is clear and simple: to leave people ready to set out on a life of purpose and confidence. Charles challenges attendees to open their eyes to new opportunities for their life and teaches them how to go for the gold.** To Charles, going for the gold doesn't always mean achieving first place. It means building out the quality of life that you want to have which results in getting the best outcome out of challenging experiences and creating a thriving life.

Charles understands the power of providing not only motivation, but practical advice that inspires real transformation. **Charles impacts tens of thousands yearly with his inspiring story and proven strategies for success.** If you are looking for a speaker who can connect to your audience and can provide realistic and effective action steps for positive change, then hire Charles.

While your speaking topic will be customized, below we've outlined three popular speeches Charles has shared with his audiences over the years:

**CHARLES CLARK**



# The Mental Game Of Winners

How To Get Unstuck, Out Of Your Head, And Thrive

**MENTAL HEALTH TOPIC**

# The Mental Game Of Winners

How To Get Unstuck, Out Of Your Head, And Thrive

Recognizing the difference between a mentally tough moment and a mental health moment and what to do about it. Charles knows the highs of success and the lows of defeat. As an experienced and decorated athlete, he was familiar with the challenges life throws at us and had mastered control of his mind as well as his physical body—or so he thought!

When a devastating injury took away his future in track, this life-altering event sent him into a downward spiral of anxiety and depression that manifested in panic attacks and a new kind of struggle, unlike anything he had ever experienced.

Understanding the stigma of mental health, he knew how important it was to change this narrative for himself and others. His relentlessness took a new turn as he dove into learning the importance of self-care and wellness practices and creating a mindset shift.

Charles has committed himself not only to becoming the best version of himself but helping others to do the same through mental health awareness and coping skills help to experience more resilience, post-traumatic growth, and well-being.

In this session on mental health, Charles will:

- Identify what mental health is and what it isn't
- Provide tools and resources to recognize mental well-being
- Share several self-therapy techniques to lead, take control, and win in life after anxiety, overwhelm, and uncertainty
- Provide practical coping skills/tactics to help manage stress and optimize your performance
- Discuss the importance of self-care and its impact on your future and well-being
- Provide guidance and effective strategies for taking ownership of your mental health and wellness
- Share ways to become mentally tough and engage in a mental "tune-up"
- Explain how to change the view and stigma about mental health
- Provide ways to incorporate mental health awareness with team members, coworkers, and staff

Who this topic is for: Anyone looking to take control of their life and win.

Formats: Virtual events, Sports Teams, Sales Teams, Conferences, Kick-off Events, Associations, High Schools & Colleges, Corporate Events

**CHARLES CLARK**

# **Adversity Makes You Stronger**

**How To Change Your Perspective  
On Adversity And Use It To Make You Stronger**

**RESILIENCE TOPIC**

# Adversity Makes You Stronger

How To Change Your Perspective On Adversity And Use It To Become Relentless

Charles knows a thing or two about facing adversity. At a young age, he was recognized as one of the fastest men in the world. He won NCAA Nationals and one of the fastest athletes in the world and was on the verge of signing a shoe deal. That was until he faced a career-ending injury that left him broken and feeling like he lost his life purpose.

Charles later realized that the adversity he was facing would be the very thing to propel him into his greatest purpose yet: to use his story to impact and encourage people all over the world who felt like he did.

**In this empowering and motivating session, you will learn:**

- How to shift your perception on adversity and use it to make you a better, more fulfilled person
- The one skill you need to become less impacted by setbacks
- The most important habits that amplify your confidence, happiness, and peak performance
- The power of decision-making and what choices lead to gaining momentum on your goals
- The science behind our behaviors and how to reprogram your mindset
- How to be empowered and uplifted to become your best self
- How to build a magnetic influence on those you lead and feel good about it
- Relearn the meaning of success to avoid burnout

**Who this topic is for:** Anyone who has felt the pressure of adversity and desires more.

**Formats:** Virtual events, Sports Teams, Sales Teams, Conferences, Kick-off Events, Associations, High Schools & Colleges, Corporate Events

A portrait of Charles Clark, a Black man with short, curly hair, smiling warmly. He is wearing a light-colored, short-sleeved t-shirt. The background is a plain, light gray. The text is overlaid on the image.

**CHARLES CLARK**

# The "I" in Team

The Playbook To Create A Winning Culture  
And Thriving Business

**LEADERSHIP TOPIC**

# The "I" in Team

## The Playbook To Create A Winning Culture and Thriving Business

What makes a winning team? Is there a difference in mindset between those who often seem to “win” in life versus those who, well, DON’T? Why do organizations, teams, and team members who all seem to be striving for their vision of success often miss the mark?

Winning teams know it takes individuals doing their part to contribute to the team's success. Charles refers to this leadership concept from his best-selling book as the "I in Team."

Charles Clark uses his experience as an entrepreneur, NCAA 3x National Champion, and sixth fastest man in the world to help organizations and leaders develop the winning play that elevates people's performance, buy-in, and communication to a championship level.

With his work with elite athletes, Olympians, MLB teams, NFL teams, and Fortune 500 companies such as Kellogg's, Pepsico, Amazon, Dick's Sporting Goods, and Johnson & Johnson, and more than 600,000 people, Charles understands most people fail and do not achieve their desired goals because they don't view themselves as a key player in the game so they struggle to take control of their life and position they are entrusted with.

The “I” in Team session is a playbook for becoming an All-Star, creating a winning culture, and thriving business. As an authority on overcoming adversity, taking control, and winning, Charles shares concepts from his “I” in Team playbook that demonstrate how to:

- Invest in yourself to develop a winning mindset.
- Automate your life to increase productivity and free up your time to get faster results.
- How to build impactful relationships among your team and a lasting legacy.
- Take ownership when things don't go as planned to create positive change.
- Identify the gaps that are stopping you from creating momentum and building on your success.
- Be coachable to become a top performer, foster high achieving culture, and become part of a winning team.
- And discover the best follow-through strategies that create change in the workplace and position you to live the life you want professionally and personally!

**Who this topic is for:** Anyone looking to develop leadership and top performers.

**Formats:** Virtual events, Sports Teams, Sales Teams, Conferences, Kick-off Events, Associations, Colleges, Corporate Events



WORKED WITH



Whether you are having an in-person conference, virtual event, or a hybrid of both Charles has the perfect message for your audience that will have them taking strides to achieve their best self long after the event is over.

## SKIP THE EMAILS

Inquire now through text for a quick response about booking.

**Text "Thrive Experience" to 813-687-7560 to chat with the team.**

### Or Fill Out A Short Event Form

