

LEE KEMP



3-TIME WORLD CHAMPION

OLYMPIAN

OLYMPIC COACH

MOTIVATIONAL SPEAKER

ENTREPRENEUR

What do you want your
LEGACY to be...?

www.LeeKemp.com

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3-Time World Champion (Youngest in U.S. History at age 21) ▪ 4-Time World Cup Champion

3-Time NCAA Champion (University of Wisconsin) ▪ 4-Time NCAA Finalist

1980 Olympic Team (U.S. Boycott) ▪ 2008 Olympic Coach



Lee Kemp, former Ford Dealer for 14 years, and founder and partner of HireTheWinners (Business Recruiting firm), and co-founder and partner of LKNutrition (a Nutritional Company), is a keynote speaker, educator, author and seminar presenter who has spoken to audiences around the world.

Known as one of the greatest wrestlers in United States history, Lee coached the US Olympic team to victory in Beijing (2008), was a member of the US Olympic Team as an athlete (1980), is a 3x World Champion (1978, 1979, 1982) and is one of only five Americans in the International Wrestling Hall of Fame (FILA).

Lee won 3 NCAA titles in college losing only on a split referee's decision in his freshman year keeping him from being the 1st 4-time NCAA champion in US history. After his freshman year Lee didn't lose another collegiate bout posting 108 victories and one draw against collegiate competition that included a win over the legendary Dan Gable.

Lee has been featured in Sports Illustrated and Life magazine alongside other Olympic greats such as Michael Jordan, Carl Lewis, Edwin Moses and Greg Louganis.

Following a difficult childhood in foster care in Cleveland, Ohio, Lee was adopted at age five and raised on a farm in Chardon, Ohio, a rural Northeast Ohio town. He brings his unique story of loss, courage and success to inspire, motivate and empower his audiences.

An entrepreneur with an M.B.A. from the University of Wisconsin-Madison and a Nutritional Certification from the Global College of Natural Medicine, Lee's athletic, academic and business background provide a level of exposure, experience and knowledge that keeps him in demand and makes him one of today's most sought after speakers. Kemp remains active on the wrestling scene, teaching and mentoring youth, high school, college and Olympic level wrestlers at his wrestling academy and at the Olympic Training Center in Colorado Springs, CO. Following his passion for healthy living Lee frequently lectures to audiences on nutrition, health and wellness.

Also Lee Kemp is currently the subject of a film documentary on his life scheduled for completion in Summer 2016 and Lee was cast in a minor film role in Academy Award Best Director Nominated, Bennet Miller's movie "Foxcatcher" featuring Channing Tatum and Steve Carell released in 2015. Lee resides in Chicago, IL with two of his three children.

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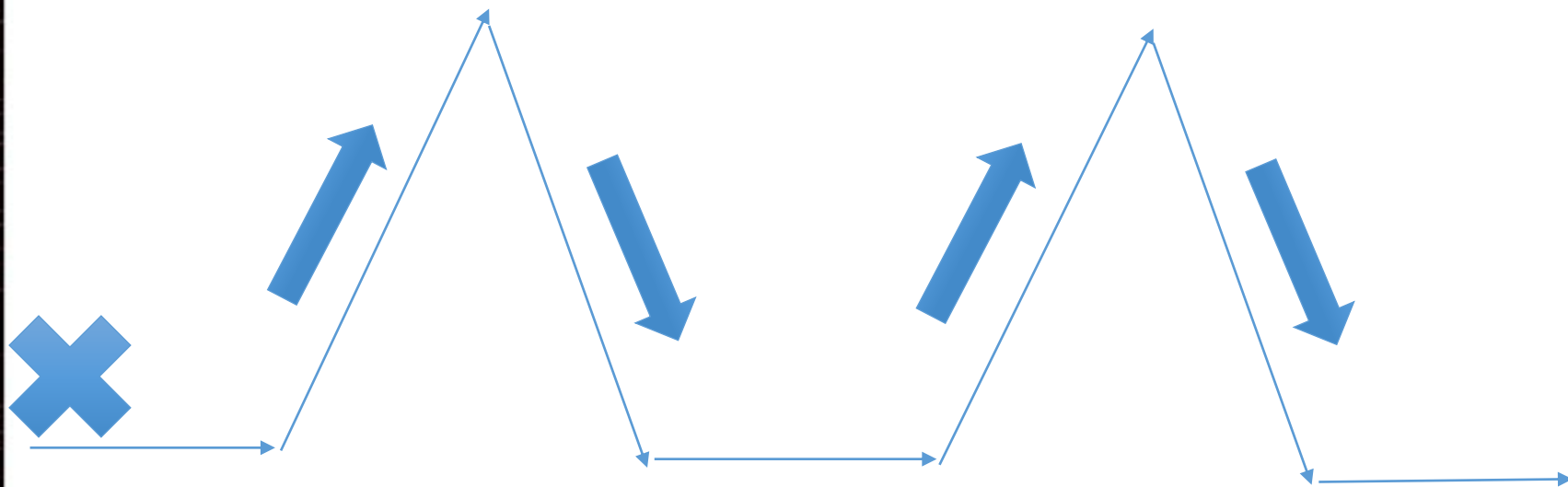
As Business Leaders...

- ✓ Success
- ✓ Setbacks
- ✓ Challenges
- ✓ More Success
- ✓ More Setbacks
- ✓ More Challenges
- ✓ And More Success
- ✓ And on it goes.....

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Elements of Success



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What do you want your Legacy to be?

Quick Facts...

- Your Legacy is bigger than YOU.
- What you continually produce is your Legacy
- No one cares about your Circumstance
- What you do in the Decline and Down Times is preparation for the next RISE
- Rise is only for a SEASON
- Decline and Down Times can be tricky...
- One thing I know for sure is that you can't QUIT
- And you must always strive for Excellence... no matter How Long it Takes
- The Next Rise will Come

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It's either me or Micky...



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Where do I start?

Commitment - Before any achievement can occur there must 1st be Commitment.


- What is Commitment Really? I define it as showing up every day.
- Showing up every day... Is that enough?
- Lots of reasons to be committed to something.
- Commitment does not translate into success and achievement.
 - It has been said that – “Half of life is showing up every day” But Showing up is not enough.
 - *Some of the people that showed up... should have stayed home.*
- High school and college I was committed but had poor academic performance – I knew I could pass and meet the minimums to be eligible just by showing up every day. – So that’s what I did.

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What's next?

Acceptance - The next step along the path to achievement is Acceptance

- A person's assent (or approval) to the REALITY of a situation Recognizing a process or condition >>> Often Negative or Uncomfortable.
- Get comfortable being uncomfortable.
- Turn things you don't like into things you LOVE. (turn weakness into strengths)
-  When I first started wrestling I didn't want to do the running, weight lifting and drilling to learn new moves. – I JUST WANTED TO WRESTLE IN PRACTICE. I knew I was talented and didn't think I needed to do those things to be successful.
- My coach pulled me aside one day and made me understand talent was not enough if I wanted to be a State Champion. I had to do accept doing the other things too.
- Belief that this was good for me and absolutely essential and necessary

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Almost there?

Liking – moving quickly into **LOVING**– This is the Most critical step along the path of achievement

- A feeling of pleasure and enjoyment.
- ➔ • Once the barrier of acceptance is broken then a funny and strange thing happens. You begin to like the tasks that you once hated or disliked.
- Once I started doing all the work I started to like graduate school. Studying 5-6 hours a day.
- “I've always had an intense **LOVE** for wrestling”.

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This is it.

Mastery – This is where the FUN Begins.

- Possession or display of great skill or knowledge that makes one master of a subject or thing. Demonstrated by actual DOING >>> Execution of the thing.
- ➔ • I know of no “Masters” that didn’t absolutely LOVE their craft and all that went into it.

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Putting it all together to achieve success one must keep...

C. A. L. M.

- Commitment
- Acceptance
- Liking
- Mastery



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Throughout the Process you must stay CALM and get MAD

M. A. D.

- Make
- A
- Decision

