



SHAUN SPENCER

EXECUTIVE PERFORMANCE COACH

SHAUN SPENCER

Executive Performance Advisor | Hall of Fame
Coach | Former Professional Athlete

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🌐 spencerperformanceinstitute.com

📍 Sherman Oaks, CA 91423

Education

Bowie State University
BA – Information Systems Technology
Minor – Psychology / Human Behavior

Expertise

- ▶ Executive Mental Performance
- ▶ Decision-Making Under Pressure
- ▶ Leadership & Team Cohesion
- ▶ Burnout Prevention & Resilience
- ▶ Organizational Workforce Strategy
- ▶ Student & Athlete Mental Performance
- ▶ Corporate Keynotes & Workshops
- ▶ High-Stakes Anxiety Management
- ▶ Performance Optimization Systems
- ▶ Strategic Execution Frameworks
- ▶ Health & Mental Wellness Systems
- ▶ Small Business & Private Sector Advisory

Expertise

- ▶ C-Suite Executives & Senior VPs
- ▶ PE-Backed Leadership Teams
- ▶ Corporate Organizations (50–500+)
- ▶ Healthcare & Finance Sectors
- ▶ Technology & MSP Companies
- ▶ Universities & Athletic Depts.
- ▶ CEO Peer Groups
- ▶ Entrepreneurs & Founders

Languages

- ▶ English
- ▶ Spanish

ABOUT ME

I am a former professional athlete, Hall-of-Fame championship coach, and Pentagon IT strategist with over two decades of experience operating inside elite high-pressure environments. My career has been defined by one singular focus: helping leaders, organizations, and institutions sustain elite performance when pressure is highest — and there is no recovery window in sight.

I've spent 10+ years in corporate strategy and leadership, 10+ years in the private sector and small business advisory, and 10+ years in the health and mental wellness industry. Across every environment, boardrooms, Pentagon operations, championship locker rooms, and university lecture halls, the challenge has been identical: people performing under relentless pressure without the mental frameworks to sustain it.

Through the Olympic Mindset System, I equip executives, corporations, and educational institutions with strategic systems that sharpen decision-making, build adaptation skills, resilience, and sustain elite performance without burning out.

KEYNOTES

- **THE 1% MINDSET: What Elite Performers Know About Pressure That You Don't.**
- **"FROM HOMELESS TO THE PENTAGON: The Mental Framework That Changed Everything."**
- **"ANXIETY AS A WEAPON: The Counterintuitive Strategy Elite Leaders Use."**

WORKSHOPS

- **THE 1% MINDSET: What Elite Performers Know About Pressure That You Don't.**
- **"FROM HOMELESS TO THE PENTAGON: The Mental Framework That Changed Everything."**
- **"ANXIETY AS A WEAPON: The Counterintuitive Strategy Elite Leaders Use."**

- ▶ Former Professional Track Athlete
- ▶ Pentagon IT Strategist & Lead — 10 Years
- ▶ Corporate Strategy & Leadership — 10+ Years
- ▶ Small Business Advisory — 10+ Years
- ▶ Health, Mental Wellness — 10+ Years
- ▶ Performance Coach & Executive Mentor
- ▶ CIAA Division II Championship Coach (3X)
- ▶ Division II Hall of Fame Coach
- ▶ International Fitness & Mental Health Specialist
- ▶ Psychology — Human Behavior & Child Psychology
- ▶ TV Personality — VH1