

# SHAUN SPENCER

Executive Performance Coach & Advisor | Mental Performance Strategist | Former Pro Athlete



## FROM THE TRACK TO HOMELESS TO INTERNATIONAL PERFORMANCE COACH

Shaun Spencer is a former Nike/Adidas-sponsored professional track athlete who trained for the 2008 Olympics, a Pentagon IT strategist who worked with military leadership up to three-star generals, and a Hall of Fame Division II coach who led Bowie State University to their first championship in program history.

After overcoming homelessness and profound personal loss, Shaun rebuilt his life using the same mental strategies he gained over 20 years to teach executives, corporations, and students worldwide. He is the founder of Spencer Performance Institute and the author of the upcoming book, *Inside the 1%: How Ultra-Successful People Think, Decide, and Win Under Pressure*.

Through the **Olympic Mindset System**, I equip executives, corporations, organizations, and educational institutions with real-world strategies that sharpen decision-making, build resilience, and allow individuals to sustain elite performance without burning out.

## WHAT YOU'LL LEARN



### PERFORM UNDER PRESSURE

Turn anxiety and pressure into your competitive advantage. Just like elite athletes and military operators.



### DECIDE WITH CLARITY

Mental strategies used by Pentagon operators and Olympic athletes to cut through noise and execute with precision.



### LEARNING TO DANCE IN THE RAIN

Teaching professionals how to prepare and capitalize on setbacks and less-than-perfect conditions.

## CREDENTIALS AT A GLANCE



### Pro Athlete

Nike/Adidas Sponsored | 2008 Olympic Training



### Pentagon

10 Years | Military Strategy | Supporting Military Leaders



### Hall of Fame Coach

Bowie State | First Conference Championship in School History & Multiple Titles



### Author

Inside the 1% (Releasing in November) 3 X Author

Spencer Performance Institute | [www.spencerperformanceinstitute.com](http://www.spencerperformanceinstitute.com) | Author of *Inside the 1%*