

Jeff's Online Speaker and Consultant Information Kit



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International speaker, award-winning author, and blogger **Jeff Davis**, a.k.a. Mr. Mountaintop® (also known as The Muhammad Ali of Mental Health), helps you to activate the power of authentic leadership, improve employee mental health & morale, and get the most out of yourself and your team.

Originally from Newtown, Connecticut, Jeff now lives in Tampa Bay, Florida, moving back home to America in 2023 after six years in The Netherlands. He's been featured on Forbes, TEDx, Medium, Impact Makers Radio, Personal Growth, Sivana East, LEADx, HavingTime, and other prominent websites. John Lee Dumas, one of the top podcasters in the world, had Jeff on his Entrepreneurs on Fire podcast twice. Mental Wellness International recently listed Jeff as one of the leading mental health experts in Europe. In 2023, Jeff became a finalist in the highly competitive and prestigious global InsideOut Awards for U.K. Mental Health Campaigner of the Year.

Jeff is the author of 3 books, including the Amazon bestseller *The Power of Authentic Leadership: Activating the 13 Keys to Achieving Prosperity Through Authenticity*. A multiple award-winning speaker and author, some of his clients include CEOs and companies affiliated with Contractor Nation. Jeff's results were so strong that Klaus Larsen, CEO of Klaus Larsen LLC, said "Jeff is a top-notch professional speaker, one of the best in the world."

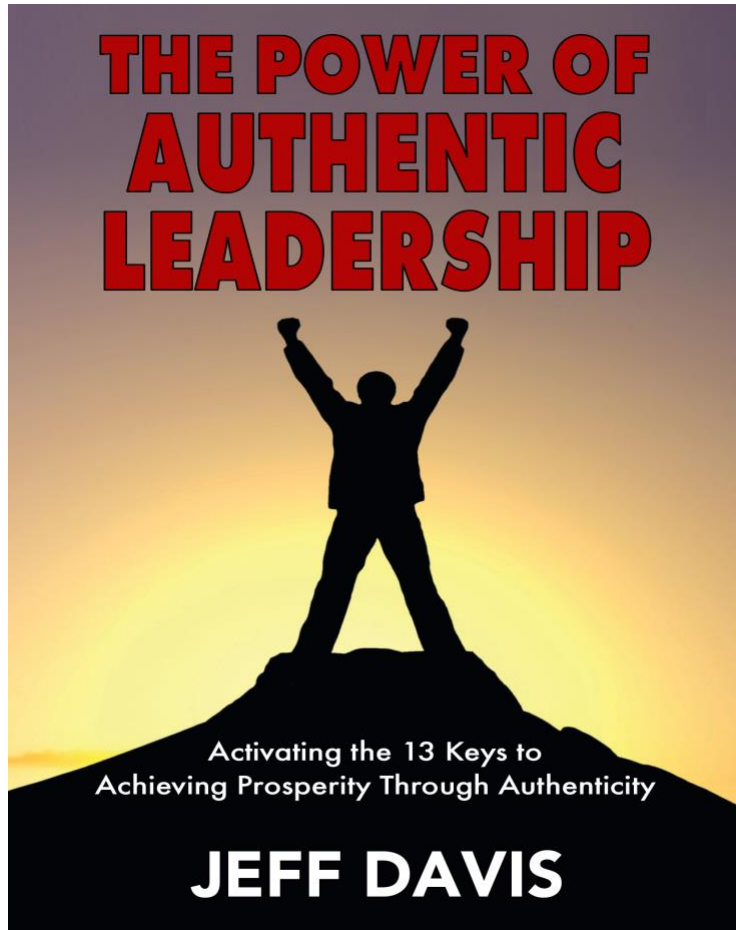
Jeff is no stranger to setbacks, difficulties, and adversities. In 2007, at age 17, after enduring long-term abuse in addition to a series of unexpected circumstances, he hit rock bottom and nearly died by suicide. In college, he was severely bullied by someone on his baseball team to the point of physical assault. Jeff has been featured on Tiny Buddha twice, one of the most popular websites in the world, and his story has helped millions of people worldwide.

Jeff graduated from McDaniel College with a B.A. in Economics and Mathematics, receiving all-college Honors and Honors in Economics while playing Division III baseball. He went on to receive his Master's degree from Johns Hopkins Carey Business School, completing a two-year program in one year while growing his business and publishing a book through a publishing house. He has worked with fascinating and top-notch companies in Connecticut, New York, Maryland, The Netherlands, and Budapest, Hungary, from start-ups and County Government to a Fortune 500. He has a gift for connecting with people and he has demonstrated ability to positively affect others.

Want to see Jeff in action? Contact Jeff's Executive Assistant Meg via meg@jeffdspeaks.com or go to jeffdspeaks.com

About Jeff's Authentic Leadership Book

Jeff has written three books, one of which will be highlighted here.



Do you want to...

- Improve your mental health?
- Learn how to deal with difficult, nasty people?
- Understand how to make challenging decisions?
- Move beyond the expectations of others?
- Change the world through your authenticity?
- Become a better leader?
- Have more peace of mind on a daily basis?
- Know the keys to achieving long-lasting success?

In **The Power of Authentic Leadership: Activating the 13 Keys to Achieving Prosperity Through Authenticity**, I feature life-changing insights from my discussions with more than 20 of the world's most iconic authentic leaders. I directly connected with these influencers and I'm acting as the humble conduit between you and their wisdom.

In this book you will learn the keys to:

- Creating companies worth billions of dollars.
- Feeling more prosperous from a mental, emotional, physical, and spiritual standpoint.
- Starting initiatives that influence tens of millions of people.
- Shattering fears, disregarding conventional thinking, and breaking the rules.
- Mastering several important skill-sets.
- Building world-class networks.
- Setting yourself free from the bondage of society, fake friends, and small-minded people.
- Mastering the tools necessary to becoming a world-renowned authentic leader.

For more information, please visit jeffdspeaks.com/the-power-authentic-leadership

Jeff's other books are *Reach Your Mountaintop: 10 Keys to Finding the Hidden Opportunity in Your Setbacks*, *Flipping What You've Heard on Its Head*, and *Achieving Legendary Goals* and *Traveling Triumphs: The Improbable in Budapest and Beyond*. More information is available on *Reach Your Mountaintop* in the Books section of jeffdspeaks.com

Overview of Presentation Topics for Corporations, Nonprofits, Associations, Conferences, and Other Professional Organizations

These are Jeff's most requested keynote presentations when it comes to presenting to business and professional audiences. These programs are filled with information, knowledge, and practical tips:

Mental Health Through Transparent Leadership

Jeff Davis, a.k.a. The Muhammad Ali of Mental Health, has overcome years of abuse and severe bullying to become the person he is today. He's been to the bottom of those dark rock bottom black holes and knows how to connect with someone truly struggling with life. He has prevented many people from dying by suicide, and he's excited to share his proven strategies with you and your team. These insights will help you and your team move through and beyond anxiety, depression, and even suicidal thoughts, reaching renewed levels of energy and company profits. Discussion points include:

- How to use transparent communication to begin and continue your healing process
- Five essential strategies to shift back into neutral when you are at rock bottom and/or seriously struggling with work and life
- How Jeff got through the dark night of his soul after a year of clinical depression and nearly taking his own life
- Practical tips to address and put an end to any abuse and/or maltreatment you may be experiencing

The Power of Authentic Leadership

Jeff Davis is one of the top leadership experts in the world and a bestselling author on authentic leadership. In this dynamic, high-energy, and content-rich presentation, Jeff shares the essential kernels of wisdom everyone must include in their authentic leadership toolkit. Discussion points include:

- The two big lies of leadership that prevent most people employees from reaching their full potential
- The thirteen keys needed to activate prosperity in your daily life
- The role authenticity plays in leadership
- How to make difficult decisions
- Ways to deal with stress, unexpected situations, and setbacks as a leader
- Tips and techniques that can be used to deal with difficult, nasty people
- How to trust your intuition and follow your inner guidance even when others don't agree with you

Resiliency & Bounce Back in an Age of Overwhelm & Uncertainty

In early 2020, Jeff Davis went through a severe burnout, which required hospital treatments. For several months, he was literally crawling around his apartment, as he couldn't stand up. During this time is when Jeff went deep within his psyche and began healing from more than three decades of chronic, intergenerational trauma and complex abuse. Jeff knows what it's like to be stuck in life for years on end, with seemingly no way out. He also knows what it's like to heal and thrive, and he'd like to show you how to do the same. Audience takeaways include:

- What to do when you're at rock bottom and in survival mode.
- A new and more practical definition to resilience.
- Four key insights Jeff learned from his burnout and burnout recovery process.
- The role trauma places in hurting our resiliency and how to heal from trauma.

Managing Time at The Mountaintop

In this dynamic and engaging presentation, Jeff Davis shares the skills and strategies needed to successfully master the use of one's time. In today's world of increasing distractions, it is more essential to value one's time than ever before. Key areas covered include:

- Learning to simplify activities, tasks, and obligations
- Streamlining work tasks, improving productivity, and reducing stress
- Strategies to make extra time in your day
- Clarifying your work goals and taking the next steps to making an impact on your organization

Embracing Change From the Mountaintop

Unfortunately (but after this presentation, fortunately), the only constant is change. Members will learn to embrace and run with change in productive, career-affirming, and empowering ways. With change occurring at a dizzying pace, the strategies in this program will help your organization effectively deal with different kinds of change. Key areas covered include:

- The difference between positive and negative change and why most change is positive
- Key elements of the change process members need to understand
- How to navigate through the change process without feeling overwhelmed
- Ways to use change as a growth opportunity and ensure ongoing productivity

*Jeff can customize his presentation to meet the specific needs of your audience. To discuss further, please email Jeff via jeff@jeffdspeaks.com.

Note: Jeff also speaks to students, including high schools and colleges around the world. To learn more about the programs Jeff offers to students and school administrators, please visit jeffdspeaks.com/keynotes/youth and jeffdspeaks.com/keynotes/colleges. There is an additional speaker info packet available for download on these two pages.

Jeff's Speaking Engagements to Date

Here is a list of some of the businesses, organizations, associations, schools, and venues at which Jeff has spoken at so far. He sincerely hopes to include your organization's name on this list in the future!

International Association of Auto Theft Investigators

- Jeff was brought in as the headline keynote speaker in two cities. He was also asked to do three workshop breakout sessions. He spoke on mental health, resiliency, and leadership.

Polestar

- Jeff gave a virtual keynote presentation on resiliency to the entire company, with offices around the world.

Mezrab, a coveted storytelling venue in Amsterdam, Netherlands

- Jeff spoke on overcoming abuse both at the corporate level and in his home life – which included getting through the dark night of his soul.

Contractor Nation, a parent company that brings together contractors and business owners from across the world

- Jeff spoke to a room full of CEOs on authentic leadership and mental health.

Helloprint, a dynamic and growing technology company in Rotterdam, Netherlands

- Jeff spoke on the keys to authentic leadership.

Entitle Direct Insurance, a title insurance company based in Norwalk, Connecticut

- Jeff consulted with Entitle Direct and was paid by Entitle to run authentic leadership training seminars to Entitle's clients across Connecticut and New York. Jeff's manager Mike was so impressed with Jeff that he asked Jeff to give a time management seminar to the entire company.

McDaniel College, Jeff's alma mater, a small liberal arts school in Westminster, Maryland

- Jeff spoke at his graduation, discussing lessons learned from his travels around the world.

Johns Hopkins Graduate School of Business

- Jeff taught both professors and students how to master the art of authentic leadership.

High Schools and Colleges in Budapest, Hungary

- Jeff lived and worked in Budapest for an entire calendar year. During his time abroad, he actively spoke to dozens of high schools, colleges, and companies in the greater Budapest area.

Care Alliance: Seminar Training Program in East Hampton, Connecticut

- Jeff shared how to deal with hard times, bounce back from setbacks, and be a true leader.

University of New Haven Graduate School, Society for Human Resource Management

- Jeff shared how to do well in school, get past difficulties, and find your dream job.

National Speakers Association Youth Leaders

- Jeff spoke to the top student leaders from across the country on entrepreneurship, how to start and grow a business, and authentic leadership.

Happiness Club

- Jeff keynoted to the Happiness Club in Fairfield, CT, discussing emotional intelligence tips. Many members of the club personally told Jeff it was the best talk they've ever heard in their life.

Toastmasters Conferences

- Jeff has keynoted at several Toastmasters District conferences (District 46 and District 53) on authentic leadership and time management.

Post University Athletics

- Jeff keynoted to the student athletes at Post University.

*Please note: This list is not comprehensive and just provides a general overview. For full list of speaking engagements to date, or to see video recordings of one of Jeff's previous speeches, please contact Jeff's Executive Assistant Meg at meg@jeffspeaks.com.

Toastmasters speaking competition accomplishments:

- In 2013, Jeff became the District 18 Table Topics champion for impromptu speaking. He was the youngest person in history to ever achieve this feat.
- In 2014, Jeff became the District 53 International Speaking Champion. He flew out to Kuala Lumpur, Malaysia and almost became the youngest speaking champion in history, competing in front of thousands of people from across the world.
- In 2017, Jeff became the District 53 International Speaking Champion, once again coming in first place amongst more than five thousands speakers across New York, Connecticut, and Massachusetts. He flew out to Vancouver, Canada to compete in the semifinals of the World Championship of Public Speaking.
- Jeff is distinguished in Toastmasters as an advanced communicator for his exceptional speaking and communication abilities.

Testimonials

“Jeff Davis is a wonderful speaker. Jeff knows how to engage the audience and bring people into his world. He is one who can enlighten people. He is entertaining, exciting, and everything you could ever want in a speaker.” – Harvey Bailey, CEO of The One Thought

“Jeff’s strength is painting a picture that people can relate to, understand, process, and then use for their benefit. He’s just as good, if not better, than any speaker I’ve ever seen, and I’ve seen in person many of the world champions of public speaking. From the bottom of my heart, I think Jeff is the best.” – Judith Anne Dellosso, Leadership Expert and High School Speaker

“Jeff Davis came and spoke to my group. Wow – what a dynamic, free-flowing, and useful presentation. What I love about Jeff’s style is that he motivates, inspires, and teaches all at the same time. We’ve had speakers in the past who had some of these skills, but Jeff is the whole package. He shares excellent, practical content and is inspiring at the same time. Highly recommended.” – Geronda Wollack, President, Society for Human Resource Management

“When I first heard Jeff speak, his story uplifted and inspired me. He has a way of pulling you into his speeches and holding your attention throughout. Jeff didn’t know this at the time of his speech, but due to the death of a member of my family, I was in the dumps. His speech helped me to not give up and keep pushing forward. We are now good friends.” – Michael Platania, Elevator Pitch Doctor

“You won’t find anyone better than Jeff Davis – that’s a fact.” – Rob Rowse, consultant for nonprofits

“Jeff has a powerful message that I hope he continues to give to more audiences.” – Joe Monroe, Principal, Wolcott High School

“Jeff’s speaking abilities and ability to impact an audience are simply incredible.” – Dean Braverman, Central Connecticut State University

“I was hopeless, discouraged, and depressed, but after listening to Jeff I feel a renewed enthusiasm for life. I’m ready to achieve my next goal and make a difference in the world.” – a member of the Happiness Club in Fairfield, CT

“Jeff’s authentic leadership tips helped me to achieve prosperity and take my life to the next level. He’s the best speaker I’ve ever seen in my life, and a leader who serves others. I’ve recommended him to everyone I know.” – Pie Nadro, successful Connecticut businesswoman

“Jeff’s speech has inspired me to continue growing my businesses, and he also shared lots of practical tips and advice. He made an impact on me and my life.” – Lisa de Graaf, entrepreneur

“Hire Jeff today. His value is tremendous. You won’t regret it, I promise.” – Bassam Alattar, T. Rowe Price manager



Contact Jeff's Executive Assistant Meg via meg@jeffdspeaks.com for more information, or contact Jeff directly via jeff@jeffdspeaks.com with additional questions.

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