HiCue speakers
Higher Content & Inspiration



DAVID GOGGINS

Retired Navy SEAL, Accomplished Endurance Athlete, Motivational Speaker, and best-selling author

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- Author of Can't Hurt Me: Master Your Mind and Defy the Odds
- The only member of the U.S. Armed Forces to complete SEAL training, the U.S. Army Ranger School and Air Force Tactical Air Controller training
- An accomplished endurance athlete, has completed over 60 ultra-marathons, triathlons, and ultra-triathlons
- Held the Guinness World Record for pull-ups completing 4,030 in 17 hours
- The mindset behind his countless achievements is a drive to become his best self

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David Goggins is a Retired Navy SEAL and is the only member of the U.S. Armed Forces to complete SEAL training (including two Hell Weeks), the U.S. Army Ranger School (where he graduated as Enlisted Honor Man) and Air Force Tactical Air Controller training.

PUSHING THE LIMIT

An accomplished endurance athlete, Goggins has completed over 60 ultra-marathons, triathlons, and ultra-triathlons, setting new course records and regularly placing in the top five. He once held the Guinness World Record for pull-ups completing 4,030 in 17 hours, and he's a sought after public speaker.

Over the years, he's shared his story with hundreds of thousands of students across the country, numerous professional sports teams, and the staff at Fortune 500 companies.



WHAT DRIVES DAVID

All of the awards, medals, accolades and magazine articles mean nothing to David. That's not why he does what he does. Although David has raised a lot of money and awareness for the Special Operations Warrior Foundation, none of this recognition is relevant to him. He's

not trying to be number one in the world. He’s not interested in how many races he’s run. He doesn’t keep track of the miles he’s gone. There’s no scoreboard.

Instead, it’s all about achieving his personal best and pushing himself well past his comfort zone. David chooses to run the toughest races and put himself through some of the hardest military training programs in the country for no other reason than to see what he’s made of. For him, physical and mental suffering are a journey of self-discovery, no other experience makes him feel more clear, focused and alive.

Goggins is the epitome of true heroism. In fact, he is the only member of the U.S. Armed Forces to complete SEAL training, U.S. Army Ranger School, and Air Force Tactical Air Controller training. With his diversified experience, Goggins offers a new perspective to accomplish seemingly impossible feats.

In addition to his world class training in the Armed Forces, Goggins has completed over 60 ultra-marathons, triathlons, and ultra-triathlons. He even held the Guinness World Record for pull-ups completing 4,030 in 17 hours. The mindset behind Goggins’ countless achievements is a drive to become his best self.

TEMAS

David tailors each presentation to the needs of his audience and is not limited to the topics listed below. Please ask us about any subject that interests you;

- Leadership
- Peak performance
- Perseverance
- Endurance
- Overcoming adversity
- Personal growth

PROGRAMAS

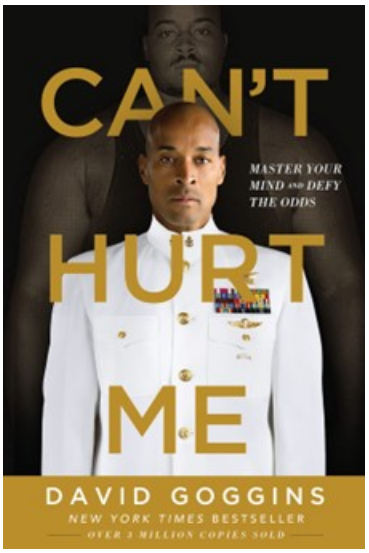
Can’t Hurt Me: Master Your Mind and Defy the Odds

For David Goggins, childhood was a nightmare—poverty, prejudice, and physical abuse colored his days and haunted his nights. But through self-discipline, mental toughness, and hard work, David transformed himself from a depressed, overweight young man with no future into a U.S. Armed Forces icon and one of the world’s top endurance athletes. The only man in history to complete elite training as a Navy SEAL, Army Ranger, and Air Force Tactical Air Controller, he went on to set records in numerous endurance events, inspiring Outside Magazine to name him “The Fittest (Real) Man in America.”

In Can’t Hurt Me, he shares his astonishing life story and reveals that most of us only tap into 40% of our capabilities. Goggins calls this the 40% Rule, and his story illuminates a path that anyone can follow to push past pain, demolish fear, and reach their full potential.

PUBLICACIONES

Libros



CAN'T HURT ME

CONDICIONES

- **Travels from:** Tennessee, USA

- **Fee Range:** Please Inquire
