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**BIOGRAPHIES**

**HIGHLIGHTS**

Olympic silver medallist, world record breaker, bestselling author, former athlete wellness and transition leader at the Canadian Olympic Committee, and keynote speaker on a mission to share teamwork, resilience, and leadership lessons, and inspire people to re-think what is possible for themselves and their organizations in just four years.

**SHORT BIO**

Jeremiah Brown won an Olympic silver medal as a member of the Canadian men’s eight rowing team at the London 2012 Olympic Games. A former commercial banker with a big dream, he is one of few Olympians ever to have started learning his sport only four years before winning a medal at the Olympics. Jeremiah’s book, The 4 Year Olympian, spent five weeks as the #1 bestselling sports memoir in Canada. His story has been featured on CBC, CTV, Roger’s Sportsnet, the Globe and Mail, the Toronto Star, and USA Today. For more, visit [the4yearolympian.com](file:///C:\Users\COCUser\Google%20Drive\The%204%20Year%20Olympian%20docs\the4yearolympian.com)

**MEDIUM BIO**

Jeremiah seems to operate on four-year cycles of reinvention: from commercial banker to novice rower, from novice rower to Olympic medallist, from Olympian to Canadian sport leader, and from Canadian sport leader to author and speaker.

Jeremiah’s national bestselling book, The 4 Year Olympian, tracks his odyssey going from his parents’ couch to the Olympic podium in just four years. Redefining the power of enduring uncertainty and trusting others, Jeremiah uses his story to inspire audiences around the world to rethink what is possible for themselves in just four years.

Through each reinvention, Jeremiah has come to learn that resilience is the skill that underpins them all, and he now passionately helps organizations and people understand how to strengthen their resilience when adapting to change in their own careers and personal lives.

**FULL BIO**

To Jeremiah Brown, reinvention and resilience are the lifeblood of progress, and as such, he’s spent his life harnessing the power of resilience to adapt to new environments and overcome setbacks. The Olympic silver medallist, bestselling author, and keynote speaker delivers a compelling message - realizing your potential requires adapting to change.

To get to know Jeremiah, explore the six related areas of his work:

1. **Athlete.** Within only four years of learning how to row, Jeremiah helped power Canadian rowing crews to World Cup, World Championship, and Olympic medals. A career walk-on athlete, Jeremiah also earned a roster spot with the varsity McMaster University football team having never played football in high school.
2. **Business Leader.** Jeremiah began his career as a commercial banker with TD Bank, managing the lending risk for an $80 million portfolio of loans to SME businesses on Vancouver Island. After the 2012 Olympics, Jeremiah was selected by the Canadian Olympic Committee to lead the development and implementation of Game Plan - a holistic athlete wellness and transition program designed to support over 3000 national team, Olympic, and Paralympic athletes in their transition out of elite sport and into their next phase of life. His accomplishments include developing the Game Plan Education Network, which saw Canada’s leading universities sign on to provide more flexibility and support for Canada’s national team athletes; the Game Plan Employer Network, a brand new recruiting resource connecting Canada’s top companies with Canada’s top athletes; developing a partnership with Smith School of Business at Queen’s University, which will provide over $11 million in direct scholarship to retired Olympians and Paralympians. The work of Jeremiah and his team has been featured by major news outlets including the Globe and Mail, Toronto Star, CTV, CBC, Radio Canada, Al Jazeera, and Jeremiah has been consulted by the International Olympic Committee for his expertise while continuing to support the development of athlete welfare programs around the world.
3. **Author.** It took Jeremiah four years to get to the Olympics and five years to write the book about it, but with resilience and dedication he got it done. The 4 Year Olympian, published by Dundurn Press in 2018, spent five weeks as the #1 bestselling sport memoir in Canada, and has achieved a cult-like following in Canada and the USA. The book has transcended the sport memoir genre with its raw honesty and appeal to anyone chasing a big dream.
4. **Keynote Speaker.** Consistently ranked as one of the top speakers on resilience and reinvention, Jeremiah brings an engaging warmth and humour while delivering powerful, inspiring, and practical keynotes. His presentations are customized for every event, ensuring a highly relevant and valuable outcome. Through his talks, Jeremiah has inspired thousands of people around the world.
5. **Musician.** Beginning at age eight, Jeremiah became a dedicated musician. He studied piano and drum set for ten years, and has shared the stage with Randy Bachman (on keys) and The Arkells (on drums). He was named honourary fellow of the Royal Conservatory of Music in 2013 for his advocacy for the arts. Jeremiah brings the creative mindset he cultivated as a musician to all his business and speaking endeavors.
6. **Volunteer.** A passionate advocate for mental health, Jeremiah volunteers his time every week with the Alzheimer’s Society in order to improve the quality of life for those suffering with mental illness.

**In Summary:** Jeremiah Brown brings a unique and diverse set of experiences to any project, and helps people and organizations become more resilient in the face of adversity, and more prepared to embrace change. For more information, please visit [the4yearolympian.com](file:///C:\Users\COCUser\Google%20Drive\The%204%20Year%20Olympian%20docs\the4yearolympian.com).