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**SPEECH INTRODUCTION**

Our guest speaker**, JEREMIAH BROWN**, is an Olympic silver medallist and former world record holder in the sport of rowing. He is the author of the bestselling book, The 4 Year Olympian, which recounts his journey going from complete beginner to Olympic medallist in just four years.

After the Olympics, Jeremiah became the driving force behind the Canadian Olympic Committee’s *Game Plan* program, helping Olympians and Paralympians transition into life beyond sport.

These days, when he’s not writing or speaking, Jeremiah likes to share his Olympic medal with Tim Horton’s staff in exchange for free Timbits.

Ladies and gentlemen…. **JEREMIAH BROWN.**