Adam James — Biography (Introduction)

**Note: This is best served to be the bio used to introduce me to the stage on the day of the event.*

Adam James joins us today from Fort Lauderdale, Florida. He is the Founder & CEO of Mindful Journey, a web based platform used by organizations nationwide to help employees take care of their mental health well-being. For over a decade, he has captivated audiences with his personal story of overcoming the odds, and has shared his teachings on stages ranging from TEDx to Fortune 500 companies. In addition to his professional experiences, he's an NCAA Division 1 Men's Basketball Official and would be grateful for a warm welcome, instead of the usual "boo's" he's become accustomed to as a referee!

Please help me welcome, Adam James.

Adam James — Biography (Short Form)

**Note: This is a short form bio you can feel free to use in advance on marketing collateral, etc. It has more of an emphasis on Mindful Journey but could also be used as the intro to stage on the day of event, if you deem more fitting than the one above.*

Adam James is the Founder & CEO of Mindful Journey. For over a decade, he has worked with many organizations across varying sectors as a motivational speaker and leadership trainer. Having the unique opportunity to get an inside look into the challenges individuals face day in and day out, Adam built Mindful Journey with a clear vision: to create a happy, healthy, and hope-filled world. Today, Mindful Journey is a web-based platform that is regularly accessed by thousands of individuals throughout the country. With eight features and regular updates, it serves as a preventive tool to help people recalibrate and take care of their mental well-being in an on-demand setting. In addition to his business experience, he is an NCAA Men's Division 1 Basketball Referee and credits many of the lessons learned on the floor as a guide for how he has built his business.

Adam James — Biography (Long Form)

**Note: This bio would be best used in an event program, sent to attendees via e-mail in advance, and/or shared on social channels (or other distribution channels) to market your upcoming event. It is not intended to be the stage introduction, but please feel free to use parts from it as/if you see fit.*

Meet Adam James, a dynamic keynote speaker with a remarkable journey that defines resilience and determination. Hailing from a small steel-mill town near Pittsburgh, Pennsylvania, Adam didn't begin speaking until age 4, and when he did talk, he had a speech impediment that required he go to a speech therapist up until his high school years.

Needless to say, his journey into the world of professional speaking didn't follow a conventional path. He bottled the early struggles faced in childhood as fuel to his passion and decisively decided to change careers twice following college, to embark on an unlikely entrepreneurial journey. The initial months of that journey brought new challenges as Adam had exhausted his financial resources and was left having to sleep from his car. Undeterred by adversity, he yet again persevered, turning the tables on his circumstances.

Fast forward over a decade later, and Adam has become a beacon of hope and inspiration, delivering his powerful message to diverse audiences, from the stage at TEDx, to Fortune 500 companies and conferences nationwide. When he's not captivating audiences with his motivational talks, he can be found officiating NCAA men's basketball games, as he has ascended to be a part of the less than 1% of officials nationwide who have earned the privilege to referee Division 1 contests.

He also is the Founder & CEO of Mindful Journey, a web-based platform that has rapidly gained popularity. In just over four years, Mindful Journey has evolved into a comprehensive resource regularly accessed by thousands throughout the country. With eight features and regular updates, the platform serves as a preventive tool, to help people recalibrate and prioritize their mental well-being in an on-demand setting.

Adam's multifaceted background, including his role as an NCAA Men's Division 1 Basketball Referee, uniquely positions him as a speaker who draws inspiration from the diverse lessons learned on the court. His journey, from overcoming adversity to building a thriving business, reflects the indomitable spirit that defines his approach to life and leadership.

Prepare to be inspired as Adam James takes the stage and combines his personal triumphs, professional expertise, and passion for creating positive change, in a keynote address that will surely transcend boundaries, and leave a lasting impact on all who hear his compelling message.