

§ DR JEFF SPENCER

Winning big is a deliberate outcome, not an accident

MEET DR. JEFF SPENCER



This video shares a bit about who Jeff is and the passion that drives what he does.

From Olympian to champion builder, Jeff Spencer's journey has been all about pushing limits and helping others achieve their full potential. He channels the same energy he harnessed as an athlete into coaching and mentoring, guiding individuals to become champions in their own lives.

A MESSAGE FROM JEFF

Winning BIG is the deliberate outcome of purposeful actions consistently applied. Working backstage with Bono at a global tour concert, spending time with Sir Richard Branson on his private island, and talking privately with Tiger Woods weren't accidents. They're my normal.

My entire life has been spent in the champion's space. I didn't choose it; it chose me. It's all I know, what I'm hardwired to do, and what my life is dedicated to.

To date, I have clocked more than 400,000 hours crafting expertise that has helped athletes win 40 gold medals, entertainers win prestigious awards, and entrepreneurs reach iconic status. I've seen it all at the highest level of performance.



How'd I get here?

At seven years old, I wanted to become an Olympian. By age 21, I competed in the 1972 Munich Olympic Games as a sprint cyclist. My journey to the Olympics taught me the how to win BIG consistently, predictably, and repeatedly.

I earned my master's degree in Sports Science from USC, enabling me to craft the physical capacity to create maximum success over a full lifetime.

I've shown my art glass sculpture in the world's finest galleries, reflecting my creativity and ingenuity to make the impossible possible.

As a recipient of the International Sports Chiropractor of the Year award, I can craft the energy, resilience, and longevity to live a vital, purposeful, and passionate life of achievement.

My greatest gift was adopting my Columbian daughter at ten years old alongside my wife, teaching me persistence, temperance, forgiveness, love, and faith to persevere against all odds to raise her as she deserved to be raised, to manifest her full potential.

I coach a small number of one-to-one, hand-chosen clients each year, primarily established founders, visionaries, and creatives in their late 30s to mid-50s committed to becoming full potential players, who honor their talents, live their highest impact life, and make the best contribution. My clients are chosen based on their magnitude and impact as people and their aspirations, not their notoriety or influence.

SPEAKER

Jeff is available for speaking engagements as a keynote with these topics in 2025.

> **Champion's Mind Enables The Impossible**

We all have a champion's mind buried within us beneath the negative "voice" that holds us back. There is a biological, not psychological, tug-of-war. This presentation shows how to access, cultivate and apply the champion's mind in order to become a repeat winner in life.

> **Becoming A Full Potential Player**

Full potential players are developed and maintained by specific actions that integrate the four potential types that together produce a high impact life. This presentation shares those actions.

> **Change Your Story, Change Your Life**

The rules we live life by as initially learned from the circumstances we grew up in can stop us from living our fullest life. This presentation shares the five tenets that enable us to change our story, and live with passion, purpose, productivity and prosperity.

PODCAST GUEST

Jeff is a sought-after guest for podcasts because he is a responsive speaker who thrives on the challenge of impromptu questions and evolving conversations. He is regularly invited to 6- and 7-figure listener count shows on the subjects of leadership and personal development such as those hosted by Lewis Howes and Jim Kwik. He can speak to a broad range of listeners on health, athletics, personal achievement such as Young and Profiting's Tala Yaha, The Model Health Show's Shawn Stevenson, and Muscle Intelligence's Ben Pakulski.

More about Jeff's latest podcasts are on the website.

**THE REAL
BRAD LEA PODCAST**
WITH BRAD LEA

Building a Champion's Blueprint

LISTEN

**THE RISING
LEADER PODCAST**
WITH MARK SILVERMAN

Playing the Bigger Game

LISTEN

HIGH ACHIEVERS + EFFECTIVE LEADERS

**THRIVE STATE
PODCAST**
WITH KIEN VUU

Little Known Performance
Secret of Olympic Champions

WATCH

with DR JEFF SPENCER

**SUCCESS FOR THE
ATHLETIC-MINDED MAN**
WITH JIM HARSHAW JR.

From Bono to Tiger Woods:
High-Performance Secrets of the World's Greatest

LISTEN

**TAPPING INTO YOUR
FULL POTENTIAL**
WITH MARTHA KREJCI

Part 1

WATCH

**WEALTH STRATEGY
SECRETS OF THE ULTRA
WEALTHY PODCAST**
WITH DAVE WOLCOTT

From Tiger Woods to Richard Branson:
How Dr. Jeff Spencer Shapes Champions

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ENOUGH THE PODCAST
WITH DR. MANDY LEHTO

Why Striving Won't Get You There

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**WIN THE DAY®
PODCAST**
WITH JAMES WHITTAKER

The Champion's Path with Dr. Jeff Spencer

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