

# Jason Ferguson

## *Mental Conditioning Coach*



Jason Ferguson is an international speaker, former Division 1 football player and Mental Conditioning Coach. Throughout his life, Jason has battled several bouts of adversity - two ACL tears in the same knee, overcoming opioid addiction, and enduring the violent loss of a close friend. Through it all, he has embraced the concept of pathological optimism, a topic he has shared as a recent TEDx speaker.

## JASON'S MOST POPULAR MEDIA TOPICS

- ✓ The Gift Of Adversity
- ✓ Pathological Optimism: Shifting Adversity Into Advancement
- ✓ Get Hit: How To Run Through Fear vs From Fear

## PRAISE



“When I think about Jason, I think about transformation and how he shares that dynamic possibility with his audience. He is able to connect with people, wherever they are.”

Colin Coggins, bestselling author of *The Unsold Mindset*

“Ferg’s story is amazing and the best part is he still has chapters to tell! If you are looking for an authentic, passionate and charismatic speaker, this is your guy.”

Cliff Smith Sr, NFL veteran and Pro Bowler, Tampa Bay Buccaneers



## CONTACT INFO

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## Jason's Social Channels

