



MATT SKURA

NFL Veteran | Pro Speaker
Mental Health Advocate

*Enhance Your
Team with Tips
From the Field*

What do you do when your team or company is in the fourth quarter, and the record-breaking year you were on track to have just doesn't go as planned? NFL veteran Matt Skura (Ravens, Giants, Rams & Dolphins) knows that feeling all too well. One of his teams entered the playoffs poised to win the Super Bowl, only to fall short when it mattered most. Rather than dwell on the loss, Matt shares skills and strategies he honed over an 8-year NFL career to help corporate teams take inventory, reset, and position themselves to come back stronger to dominate the next year. He also helps employees understand how to plug their unique skillset into the company culture - creating an unstoppable team.



MID-GAME & END OF YEAR ADJUSTMENTS

In the NFL, there's a concept called "any given Sunday," meaning no matter who is expected to win, any team can be victorious and any team can lose. But losses and/or downturns don't have to define a team's identity. Matt helps teams position for success by:

- **Controlling the Controllables** - Preparation, emotions & effort
- **Taking Inventory** - Systematically & critically taking stock
- **Mental Performance** - Locking in the mindset that "we're still in the game" no matter the circumstances



BUILDING AN UNSTOPPABLE TEAM

From the moment Matt went undrafted, it was trial by fire. He quickly learned how to adapt his preparation and performance to meet the demands of the game, and how to align his style with the team's established culture. This interactive talk is designed to help employees understand how to seamlessly plug their unique skillset into the company's culture by focussing on:

- **Identity** - Contributing to the company culture in a way that's true to the employees, and allows the team to weather any storm
- **The I in Team** - Learning the strategies to develop and praise individual contributions that make the team stronger
- **Accountability** - Playing for each other & holding one another accountable for the areas that need improvement

TESTIMONIALS

"His presence brought a lot more guests.

Hearing an NFL member speak to the same issues many of the participants had helps reduce stigma. It opened up the space for discussion without fear or shame."

~Kim Franco, Ft. Liberty

"Matt's story was truly impactful. Our players were fully engaged, inspired, and motivated by his words..."

~John Battle, Duke Football