

TIMOTHY O'DONNELL

IRONMAN Champion | World Champion | U.S. Navy Veteran

Leadership • Resilience • High Performance

REDEFINING THE CHAMPION



Timothy O'Donnell works with organizations and leaders who must perform under pressure, adapt in uncertainty, and lead through disruption.

In 2021, Timothy suffered a near fatal heart attack during competition.

He survived and returned to compete at the highest level of professional sport.

That experience reshaped his understanding of performance and became the foundation for his philosophy: Redefining the Champion.

Through his keynote **Resilience: Built Forward**, Timothy delivers a clear, actionable system teams can use to make high stakes decisions, strengthen culture, and turn adversity into forward momentum.

Timothy inspires audiences with a powerful story.

More importantly, he gives them a system for performing under pressure.



He shared stories and lessons that weren't **just inspiring**; they were masterclasses in **applying endurance principles** to **everyday challenges**.

— Barry Miller
President | Voloridge Investment Management

SIGNATURE KEYNOTE

Resilience: Built Forward

A resilience operating system for leaders and teams.

AUDIENCE OUTCOMES

- Make better decisions under pressure
- Turn adversity into forward momentum
- Build a shared language for resilience
- Perform with clarity when outcomes are uncertain

THE BUILT FORWARD SYSTEM

A practical framework teams can use to stay composed under pressure, turn adversity into insight, and rebuild forward with clarity and discipline.



Through the Built Forward system, Timothy challenges organizations to redefine what it means to be a champion when the pressure is real and the outcome uncertain.

● RESET

Stay composed under pressure.



● REFRAME

Turn adversity into insight.



➔ REBUILD FORWARD

Create disciplined forward momentum.

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FEATURED IN

The New York Times Men's Journal Sports Illustrated

Fox & Friends The Rich Roll Podcast AOL Sessions

The Red Bulletin Outside Magazine Triathlete Magazine

BIO HIGHLIGHTS

- World Champion
- IRONMAN Champion
- 5 World Championship Podiums
- 20+ Professional Wins
- 50+ Professional Podiums
- B.S. US Naval Academy
- MEng UC Berkeley
- Veteran, United States Navy



Tim's approachability and professionalism made organizing the event a breeze. We couldn't have asked for a better experience.

Soj Jibowu
Founder | CEO Varlo Sports



Tim inspired my team and our clients to embrace hard challenges head on and to lead with courage and conviction. His presence is powerful, his delivery is authentic, and his message is lasting.

Matt DeWolf
CEO | FRONTSTEPS