



## **Sgt. Ken Weichert Speaker Intro**

There are two things that can happen to you when you face an obstacle of any kind: fall apart or bounce back. Resilience, often referred to as emotional fitness or mental toughness, is when you face adversity head-on and grow from your experience. Our speaker, Ken Weichert (aka “SGT Ken®”), has turned multiple obstacles into opportunities and is now on a personal mission to help you learn how to live a flourishing life of connection, significance and success!

SGT Ken® is an award-winning international speaker and coach, Army Counterintelligence Agent and decorated combat veteran, Master Fitness and Resilience Trainer, and has trained over two million Soldiers, Sailors, Airmen, Marines and civilians over the past two decades. He is the author of over 100 articles for GX®, Backpacker®, Outside® and Health magazines, has been featured numerous times on ABC, CBS, NBC and Fox News, and continues to serve as the host for the Fit for Duty show on the Pentagon Channel.

Through his compelling stories and comprehensive strategies, SGT Ken® will help you discover how to connect for effect and lead to succeed on your road to resilience. Let’s welcome, Sgt. Ken!