

## Overcoming Challenges – Secrets of a Four-Time Olympian Ruben Gonzalez

SEP

Ruben didn't take up the sport of luge until he was 21 years old. He was a marginal athlete, lived in hot and humid Houston, Texas, and financed his Olympic training himself. People laughed at him and said he was crazy. He broke many bones on the way to the Olympics and eventually became the only person to ever compete in four Winter Olympics each in a different decade.

He's an ordinary man who accomplished the extraordinary and THAT'S what makes him special. Because people in his audiences relate to Ruben and after hearing him are inspired to go the extra mile and fight for their goals and dreams.

### Your people will learn:

- How to become resilient in the face of challenges.
- How to become mentally tough.
- How to create a vision that keeps them from becoming discouraged.
- How to create the mindset of a champion.
- How to outlast their competition.
- How to win regardless of the circumstances.