

KEYNOTE SPEAKER



KOTARO UMEDA

PROFESSIONAL ATHLETE
INTERNATIONAL AUTHOR

TOPICS

IDENTITY

BE GREAT: FINDING THE ANCHOR

DISCOVERING THE IDENTITY THAT HOLDS STEADY WHEN EVERYTHING ELSE IS IN MOTION, AND THE DISCIPLINE, COURAGE, AND RESILIENCE IT TAKES TO KEEP IT THERE

RESULTS: RETENTION - WELLBEING - TEAM CAMARADERIE

ADVERSITY

BE GREAT: BEAUTY IN THE STRUGGLE

REFRAMING HARDSHIP AS THE PLACE WHERE CHARACTER IS BUILT, NOT JUST SURVIVED — PRACTICAL RESILIENCE FOR NAVIGATING LOSS, FAILURE, AND ADVERSITY

RESULTS: RESILIENCE UNDER PRESSURE - REDUCED BURNOUT - ADAPTABILITY

MENTAL HEALTH

BE GREAT: BREAKING THE BARRIER

CONFRONTING MENTAL HEALTH STIGMA ACROSS CULTURES AND BACKGROUNDS, AND THE COURAGE IT TAKES TO ASK FOR HELP

RESULTS: RESOURCE USE - REDUCED ABSENTEEISM



BIOGRAPHY

KOTARO UMEDA IS A FORMER PROFESSIONAL ATHLETE, GLOBALLY PUBLISHED AUTHOR, AND KEYNOTE SPEAKER WHO HELPS INDIVIDUALS AND ORGANIZATIONS PURSUE EXCELLENCE WITHOUT LOSING THEIR SENSE OF IDENTITY. A FIRST-GENERATION JAPANESE IMMIGRANT AND UNIVERSITY OF LOUISVILLE ALUMNUS, KOTARO MADE HISTORY AS THE FIRST ASIAN ATHLETE TO REPRESENT JOINVILLE ESPORTE CLUBE IN BRAZIL DRAWING FROM NEARLY A DECADE OF EXPERIENCE ACROSS SPORT, LEADERSHIP, AND MENTAL RESILIENCE WORK, HE DELIVERS PRACTICAL, VALUES-DRIVEN INSIGHTS FOR HIGH-PERFORMING ENVIRONMENTS.

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MARK JONES (FORMER NFL WIDE RECEIVER)- “KOTARO HAS A HEART FOR MAKING A DIFFERENCE. THROUGH HIS WORK, KOTARO IS MAKING AN IMPACT ON THE NEXT GENERATION”

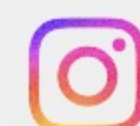
TOM HOWLEY (STRENGTH COACH AT CORNELL UNIVERSITY)- “THE CORNELL FCA JOINED WITH THE SUNY CORTLAND HUDDLE TO HEAR KOTARO SPEAK THIS PAST SPRING. HIS MESSAGE WAS VERY INSPIRATIONAL AND POINTED THE GROUP TOWARD HIS SAVIOR. KOTARO’S JOURNEY OF FAITH INCLUDES OVERCOMING NUMEROUS OBSTACLES AND CHALLENGES WHICH WAS VERY RELATABLE FOR OUR ATHLETES. HIS CLEAR MESSAGE IMPACTED ALL OF US AND ENCOURAGED US TO BE BOLD IN SHARING THE WORD!”



INFO@KOTAROUMEDA.COM



WWW.KOTAROUMEDA.COM



@KOTARO13UMEDA

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