

BRETT BARTHOLOMEW

MS.Ed., CSCS*D, RSCC*D

STRENGTH AND CONDITIONING
COACH, BEST-SELLING
AUTHOR, KEYNOTE SPEAKER &
PERFORMANCE CONSULTANT

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ABOUT BRETT BARTHOLOMEW



Brett Bartholomew is a performance coach, best-selling author, and keynote speaker. He is also the Founder of the coach development company Art of Coaching™, as well as the performance training company The Bridge Human Performance®. His experience includes working with athletes both in the team environment and private sector along with members of the U.S. Special Forces and members of Fortune 500 companies. Taken together, Brett has coached a diverse range of athletes from across 23 sports worldwide, at levels ranging from youth athletes, Olympians as well as athletes who compete in the NFL, NBA, MLB, UFC, MLS & NCAA.

As an advisor/entrepreneur, Brett has proudly served as a teammate and a supporting partner in the strategic growth of two performance companies, and is a highly sought-after speaker and mentor having spoken in more than 46 countries worldwide. Additionally, his work and expertise have been featured in numerous local and global media outlets such as ESPN, FOX Sports, as well as Inc. Magazine and Outside.

From a philanthropic standpoint, Brett is the Vice President for the non-profit organization Movement2Be, which helps youth in underprivileged communities via helping them learn more about physical activity and proper movement. He is also a member of Alumni Advisory board for Kansas State University and was awarded their "Alumni Entrepreneur Award" in 2017 for his contributions to community affairs, organizations and service groups along with supporting K-State's College of Human Ecology.

His book, *Conscious Coaching: The Art and Science of Building Buy-In*, achieved "Best Seller" status in two categories, and was ranked in the "Amazon Top 100 Books Overall" in 2017. It is currently being used by several universities around the world as source material used to help guide future coaches and professionals.

Brett is a member of the National Strength and Conditioning Association (NSCA) where he holds both their CSCS®D & RSCC®D distinctions and is a proud graduate of Kansas State University and Southern Illinois University where he wrote research focused on the domain of motor-learning in elite athletes. His current research focuses on the roles of perception, persuasion, and power-dynamics within elite sports settings and other interpersonal domains.

TESTIMONIALS

“ Brett Bartholomew is one of the best in the business. He's high-energy, he's passionate, and he'll push you to get better.

- Dave Puloka, Performance Director for the Miami Dolphins

“ Brett Bartholomew is one of the leaders of our profession today. He understands that the strength & conditioning industry is part 'art' and part 'science'.

- Dave Tenney, High Performance Director, Orlando Magic

“ Brett Bartholomew offers insight into a truly valuable coaching and leadership model in which compelling authority runs thin but influence and interpersonal skills are paramount. I've known Brett for over decade and his professionalism, expertise, coaching ability make him the perfect person for any coaching or leadership role.

- Rob Bollinger, Colonel, U.S. Army Special Forces

“ Brett has given me the best years of my football career. Athletes want a coach who not only makes them better physically, but who understands our world and communicates in a real way.

- Patrick Chung, Three-Time Super Bowl Champion, New England Patriots

PROFESSIONAL EXPERIENCE

**2016 -
Present**

ART OF COACHING, LLC

(formerly Bartholomew Strength), Atlanta, GA

Founder & Head Strength Coach

Serve as primary strength and conditioning coach for athletes participating in a wide range of both team and individual sports at all levels, including youth, Olympic, and professional athletes in addition to U.S. Special Forces. Give keynote speeches and guest presentations at a wide range of domestic and international events ranging from strength and conditioning governing bodies (NSCA), sports-science summits, and to professional conferences and corporate leadership/strategy seminars.

Key Accomplishments:

- Coach groups of athletes from all major sports (primarily NFL, MMA and NBA) in preparation for their season and/or competitions.
- Notable past and forthcoming speaking engagements include Facebook, Microsoft, the U.S. Military, and English and Chinese Olympic committees.
- Wrote, self-published, and promoted *Conscious Coaching: The Art and Science of Building Buy-In*; book earned #1 spot on Amazon's "Movers and Shakers" list of best-selling books within two weeks of release, achieved best-seller status in two Amazon categories (#1 in "Sports Coaching" and #8 in "Business and Mentoring"), and appeared on Amazon's Top 100 list of more than 8,000,000 books worldwide.

2017
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Present

MARYVILLE UNIVERSITY

St. Louis, MO

Adjunct Professor of Exercise Science

Design and deliver courses based upon coaching science, conflict management and interpersonal strategy. Primary course focus centers around improving knowledge of human behavior, successful communication strategies, and athlete management in high-performance environments.

Key Accomplishments:

- Utilize a wide variety of teaching methods while instructing a diverse population of traditional students (graduate level), working adults and returning students.
- Personally developed the course curriculum, objectives, syllabus and learning outcomes for the course EXSC 243 - "Performance Coaching Strategies for Today's Athlete."
- Provide resources to help students transfer learnings from the classroom to real-world coaching environments.

2016

UNBREAKABLE PERFORMANCE CENTER

(Via Bartholomew Strength LLC), Los Angeles, CA

Co-Owner, Head Strength Coach (Pro-Sports) & Advisor

Accepted a short-term coaching and advisory appointment help improve the organizational efficiency of a performance training facility looking to improve applied best practices for strength and conditioning. Managed a multidisciplinary twelve-member team that included performance coaches, martial arts coaches, licensed physiotherapists, nutritionists, medical personnel, and administrative staff. Directed all performance-related programming and coaching for athletes across collegiate, Olympic, and professional domains. Collaborated with coaches from the NFL, UFC, MLB, and NRL to support athletes during off-season and preparatory periods.

Key Accomplishments:

- Played an instrumental role in reversing a trend of financial loss by developing and implementing successful business growth strategies to expand clientele and increase profits.
- Achieved financial turnaround within eight months, resulting in a buyout offer.
- Developed and managed the facility's first performance-related systems for evaluation, training, recovery, and facility design, leading to successful assessment of athletes' outcomes and increased ability to repeat success.

2010
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2016

EXOS

Phoenix, AZ

Lead Strength & Conditioning Coach Director of NFL & UFC Programs

Coached groups of 3-100+ athletes in the NFL, NCAA, UFC, MLB, MiLB, NBA, PGA, USTA, NRL, and AFL in addition to active duty members of the United States Special Forces (SOF). Coached athletes at all levels, from youth through professional. Coached athletes in five countries and 10+ states in addition to providing coaching at two U.S. military bases. Also presented both domestically and internationally as an expert on a variety of strength and conditioning topics.

Key Accomplishments:

- Selected as Director, Head Strength & Conditioning Coach, and Lead Programmer for an NFL off-season program spanning seven facilities nationwide; trained 153 players from all 32 teams, including Pro-Bowl players and Super Bowl champions.
- Chosen as Head Strength & Conditioning Coach and Lead Programmer for the UFC program across all EXOS facilities worldwide.
- Selected as Lead Coach and Programmer for the MLB off-season program at the Arizona facility.

2009
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2010

SOUTHERN ILLINOIS UNIVERSITY(Carbondale)
Carbondale, Illinois

Graduate Assistant Strength & Conditioning Coach

- Served as the Head Strength & Conditioning Coach for a total of 8 Olympic sports including baseball, men's & women's tennis, men's and women's swimming and diving, and the golf program.
- Served as an Assistant Strength & Conditioning Coach for football, basketball & volleyball.
- Assisted in recruiting processes and all "gameday" related activities for football.
- Conducted and assisted with research in the field of motor learning and human performance.

2009

UNIVERSITY OF NEBRASKA-LINCOLN
Lincoln, NE

Strength & Conditioning Volunteer-Football

- Responsible for assisting the staff in coaching and implementation of both the weight-room and movement sessions (speed, agility, etc).
- Led post-workout return to play focused supplemental/corrective training sessions for athletes recovering from injury or with other limitations.

*Additional professional experience includes working as both an graduate-assistant and Head Olympic strength coach both at Southern Illinois University Carbondale (football, basketball, volleyball, baseball, and additional Olympic sports) and University of Nebraska-Lincoln (football).

EDUCATION

Master of Science in Education: Exercise Science,

Southern Illinois University Carbondale, Carbondale, IL, 2010

Bachelor of Science in Kinesiology,

Kansas State University, Manhattan, KS, 2008

CERTIFICATIONS

Registered Strength & Conditioning Coach (RSCC*D),

National Strength and Conditioning Association, Issued 2017

Certified Strength & Conditioning Specialist (CSCS*D),

National Strength and Conditioning Association, Issued 2007

AWARDS

Alumni Entrepreneur Award,

Kansas State University College of Human Ecology, 2017

BOARD MEMBER

MOVEMENT2BE, 2017-Present

New York, NY, Vice President & Board Director

DOMESTIC & INTERNATIONAL SPEAKING ENGAGEMENTS

Microsoft Corporation,

Invited Speaker & Consultant, 2017

Facebook Inc.,

Invited Speaker & Consultant, 2017

National Strength and Conditioning Association (NSCA) Clinics and Conferences,

Featured Speaker & Presenter, 2012-Current

ALTIS Apprenticeship Clinics (led by Dan Pfaff & Stu McMillan),

Featured Presenter, 2014, 2015, & 2016

Australian Strength and Conditioning Association (ASCA),

Keynote speaker, 2016

Better Ready Summit: Beijing, China,

Featured Presenter, 2016

EXOS International Mentorships: Ireland, Norway, the Netherlands, & Australia,

Featured Presenter, 2011–2016

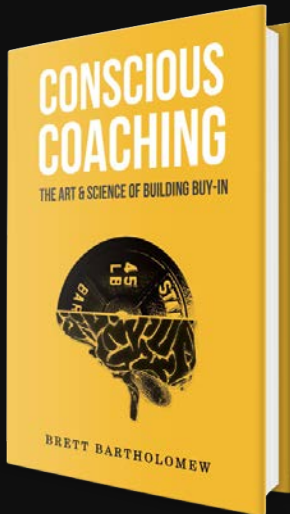
UFC Athlete Summit & Rookie Symposium,

Featured Presenter, 2015

International Meeting for High Performance in Training,

Featured Speaker & Presenter: Brazil 2017, Portugal 2018

SELECTED PUBLICATIONS



International Best-Selling Book

Conscious Coaching: The Art and Science of Building Buy-In

CreateSpace Independent Publishing Platform, 2017.

Co-Author

Bartholomew, B. Analysis of the sport and sport positions. In Strength Training for Football. Krein, D and Palmieri, J, eds. Champaign, IL: Human Kinetics, In. Press

James, LP, Bartholomew, B., Haff, GG., Kelly, V. (2018) Strength and conditioning for mixed martial arts. In Anthony Turner (Ed.), The Routledge Handbook of Strength and Conditioning: Sport-specific programming for high performance. Abingdon, Oxford, United Kingdom: Routledge.

Research Article

Turner, A. N., Bishop, C., Cree, J., Carr, P., Mccann, A., Bartholomew, B., & Halsted, L. (2018). Building A High-Performance Model for Sport. Strength and Conditioning Journal, 1.

Attentional Focus Does Not Impact Agility Performance Amongst Division I Women Collegiate Tennis Players.

Southern Illinois University Open SIUC, 2012



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