

MEDIA KIT

# BRETT BARTHOLOMEW

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



BEST SELLING AUTHOR  
KEYNOTE SPEAKER  
PERFORMANCE COACH  
LIFELONG STUDENT

# ABOUT



Brett Bartholomew is a performance coach, best-selling author, keynote speaker, and host of a top-ranked podcast.

After nearly losing his life as a teenager, in part due to poor medical care, Brett founded the leadership development company Art of Coaching™ which focuses on the unique role optimized communication plays within organizations and elite teams.

His experience includes working with members of Fortune 500 companies, the U.S. Special Forces, and sporting organizations and professional athletes.

His book, *Conscious Coaching: The Art and Science of Building Buy-In*, achieved international "Best Seller" status in two categories and has been ranked as "Amazon Top 100 Books Overall." *Conscious Coaching* has since crossed over into other industries and is used by universities worldwide as source material to help guide future leaders and professionals.

The Art of Coaching Podcast exploded onto the scene in 2019, experiencing 409% growth in less than 12-months, nearly a million downloads and subscribers in over 200 countries, all while remaining focused on hard-hitting topics centered around real-world leadership strategies implemented by everyday people as opposed to celebrities.

From a philanthropic standpoint, Brett is the Vice President for the non-profit organization Movement2Be, which helps youth in underprivileged communities learn more about physical activity and proper movement. He is also a member of the 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 and support K-State's College of Human Ecology.

Brett is currently conducting his doctoral research focused on the role of power dynamics, persuasion, and optimizing change management within organizations at the University of Central Lancashire. He resides in Atlanta, Georgia with his wife and son.



# TESTIMONIALS

“ Brett routinely overdelivers in every capacity. His energy, captivating presentation skills, and research backed content make him a must-have presenter for any organization that values its people, not just its processes.

*Scott Rand, Senior Regional Manager, Microsoft*

“ 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, speaking or leadership role.

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

“ Communication impacts all of us in our day to day life- yet many oversimplify the research and application behind it. Brett has removed the “fluff” from this topic and truly separates himself from everything else that's in the leadership community through providing field-tested strategies for creating meaningful change in organizations of any kind.

*Gabrielle Reece, New York Times Best-Selling Author, Athlete & Founder of XPT*

“ Brett's unique ability to motivate and communicate complex information in a clear manner has helped me tremendously in building my orthopedic practice. His no-nonsense, engaging, and informed approach would be an asset to medical professionals worldwide and for any profession that requires fast-paced decisions that are high risk in nature.

*Christopher O'Grady, M.D. - Orthopedic Surgeon*

“ With Brett, everything you do is well-researched, purposeful, and effective. Most importantly, his work is made exponentially more applicable because Brett is willing to make sure he always connects the dots as to how each concept shared can be adapted to your field.

*Mike Golic Jr. ESPN*

“ Brett's work has helped us as an organization better adapt our communication style to not just our athletes, but also across all departments. We truly feel we are positioned for our best season yet because we are getting better at not just instructing, but engaging! I went to school for 14 years, have an advanced degree and prior to engaging to Brett's work on communication and influence had never ONCE been exposed to this type or level of training. It is a must for not just coaches, but all leaders.

*Dr. Ryan L. Crotin, Director of Performance Integration- Los Angeles Angels*

“ Brett's capacity to articulate sound principles and approaches in person is matched by his great written work, which provides an enduring guide to help leaders better understand those they lead, as well as themselves. His work is essential if you want to lead diverse teams more effectively.

*Col. Mark Ray United States Military Academy- West Point*

## REQUESTED BY



# CREDENTIALS

## ● EDUCATION

### **Doctoral Research: Elite Performance,**

University of Central Lancashire, Preston, ENG (In Prog.)

### **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 2017

## ● 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 ENGAGMENTS

## Keynote Speaking | Consulting | In-Service Partnerships

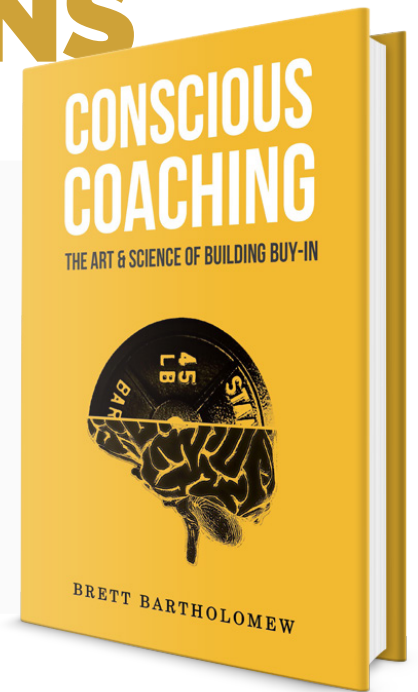
Not all of our clients and partners are represented here, but this list provides a great sense for who we serve.



# AUTHORED PUBLICATIONS

International Best-Selling Book

## **Conscious Coaching** The Art & Science of Building Buy-In 2017.



## SELECTED CO-AUTHOR WORKS

**Bartholomew, B. 2021, 'Building trust with your athletes.' In D. Joyce and D Lewindon (eds),**  
High-Performance Training for Sports, Human Kinetics, Champaign, IL.

**Bartholomew, B. 2020, 'Analysis of the sport and sport positions.' In D. Krein, and J. Palmieri (eds),**  
Strength Training for Football, Human Kinetics, Champaign, IL.

**Bartholomew, B. 2018, "MMA.' In A. Turner (eds),**  
The Routledge Handbook of Strength and Conditioning, Routledge Publishing.

**Bartholomew, B. 2018, "Periodization for people: operationalizing the art of coaching.' In J. DeMayo (eds),**  
The Manual Volume 3, CVASPS Publishing.

## RESEARCH ARTICLE

Attentional Focus Does Not Impact Agility Performance Amongst Division I Women Collegiate Tennis Players. Southern Illinois University Open SIUC, 2012

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.



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