

# DAN O'BRIEN



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**Dan O'Brien**  
Olympic Gold Medalist

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## BIOGRAPHY

[www.danobrien.com](http://www.danobrien.com)

### Dan O'Brien - "World's Greatest Athlete"

- 1998 Goodwill Games Gold Medal
- 1996 Olympic Gold Medal & U.S. Champion
- 1995 U.S. & World Champion
- 1994 Goodwill Games Gold Medal & U.S. Champion
- 1993 U.S. & World Champion
- 1992 Decathlon World Record (8,891)
- 1991 U.S. & World Champion
- 1991-2012 American Decathlon Record Holder



Millions of Americans proudly watched Dan O'Brien win the 1996 Olympic Gold Medal to become the first American winner in the sport since 1976. As an Olympic Gold Medalist in the decathlon, Dan O'Brien is officially considered the "World's Greatest Athlete," and his name is synonymous with athletic achievement and success both on and off the field.

Adopted at the age of two, and raised in a home with seven other children of racially mixed backgrounds - Dan has overcome many adversities throughout his life. And with a great deal of self-determination and commitment, he has become one of the most successful and dominant athletes in the history of sports. He is an inspirational leader and motivational force for millions of people across the world.

At the 1996 Olympic Games in Atlanta, Dan O'Brien overcame almost insurmountable odds. Four years prior, on Super Bowl Sunday early in 1992, Reebok introduced its unprecedented Dan & Dave campaign, a series of entertaining TV and print ads featuring Dan and rival Dave Johnson, debating who would take the title as the "World's Greatest Athlete" in Barcelona.

This publicity also provided for one of the most publicized failures in sports history when Dan "no-HEIGHTED" in the pole vault and failed to qualify for the 1992 Olympic team headed for Barcelona. All of Dan's hard work had come to an end...or had it?

Dan O'Brien has spent his entire life overcoming obstacles. After encouragement from family, friends and coaches, he set new goals and began the journey that eventually established him as the most prolific decathlete in history. Only months after the failure to make the 1992 Olympic team, he set a new World Record at the Deca Star Invitational in Talence, France - defeating the 1992 Olympic Gold Medalist Robert Zmelik. He didn't stop there. He went on to win the 1993 and 1995 World Championships, the 1994 Goodwill Games, and three US Championships - all leading to the 1996 Olympic Gold Medal in Atlanta.



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# CAREER HIGHLIGHTS

[www.danobrien.com](http://www.danobrien.com)



- 5 time US Champion Decathlon
- 3 time World Champion Decathlon
- 1996 Olympic Gold Medalist- Decathlon
- 1992-1999 World Record Holder Decathlon (8891 Pts.)
- 1993 Indoor Heptathlon World Record
- USATF Hall of Fame-Inducted 2006
- USOC Hall of Fame-Inducted 2012
- IAAF Hall of Fame-Inducted 2012
- Coaching- 3-time NCAA Team Championships while at ASU
- Motivational Speaking and Coaching
- Book Author: Clearing Hurdles

1992-Present  
Television Commentator and On-Field Host

- NBC Sports
- ESPN
- CBS Sports
- CBS College
- Comcast Networks
- Usatf.tv
- Acc network





# SPEAKING

[www.danobrien.com](http://www.danobrien.com)

For the past 20 years Dan O'Brien has been a well sought-after motivation speaker in the United States and abroad. Adopted at the age of two, and raised in a home with seven other children of racially mixed backgrounds - Dan has overcome many adversities throughout his life. After not making the 1992 team in what was publicized as the most shocking moment in U.S. Olympic history, O'Brien's tale of redemption was made complete when he won the Gold Medal in the decathlon at the 1996 Olympics in Atlanta. With a great deal of self-determination and commitment, he has become one of the most successful and dominant athletes in the history of Track and Field.

Today, Dan continues to travel the world to share his story. From school kids to Fortune 500 companies, Dan expresses his messages of overcoming adversity, Goal Setting, Team Building, Think like a Champion, O'Brien has become an inspirational leader and motivational force for millions of people across the world.

O'Brien's presentation is sure to inspire, excite and motivate his audience to achieve greater success. His speaking topics include:

**Goal Setting** - A chance meeting brought O'Brien together with the greatest American decathletes in history - Bob Mathias, Milt Campbell, Rafer Johnson, Bill Toomey and Bruce Jenner. It was during this meeting that Dan realized that becoming the World's Greatest Athlete was his ultimate goal. The lesson he learned from the legends was that his goal needed to be specific. Don't just be good, be the best. With his focus narrowed and his goal clear, O'Brien proceeded to go on an eight-year run of dominance unlike anything the decathlon had ever seen.

"The more specific I made my goal the clearer my path became."

**Teamwork** - Nobody is successful alone. Whether it's winning a championship on the field or achieving your business goals, it takes teammates, partners, communities, and in some cases, an entire country to bring home a victory. O'Brien discusses how he surrounded himself with people who shared the same visions and goals as himself, and how negative distractions were easily eliminated by the creation of that team and support system. Through trial and much error, O'Brien finally learned that it is the people with whom you surround yourself that ultimately determine your success.



**Overcoming Adversity** - Like every person in this world, every athlete will face adversity at some point in his or her career. Ups and downs are a reality of life, and O'Brien's story of redeeming his loss at the 1992 Olympic Trials to win the gold in 1996 is one of the greatest examples of overcoming adversity in sports history. Using this example as his catalyst, O'Brien speaks at great length about the parallels that can be drawn between the decathlon and life. Whether it's moving from one event or one day to the next, rebounding from your failures to move forward in a positive manner is the ultimate lesson to be learned in life.

**Living the Life of a Champion** - The greatest piece of advice O'Brien ever received came from 1956 Olympic Gold Medalist Milt Campbell. "Every day, look yourself in the mirror and tell yourself you are the greatest athlete in the world," Campbell said. In other words, believing is the first step to being, and once O'Brien began to believe his own words, once he was able to visualize who and what he wanted to be, things naturally fell into place. This simple affirmation completely changed the way O'Brien lived his entire life, as he went from man hoping to win to a man expecting to win.

Dan's words: "The lessons and philosophies I used to reach my athletic goals have carried over into my post-athletic career and life, and today it is my passion to pass those lessons along and inspire others to always strive for their dreams."

Today Dan continues to give back to the sport that has given so much to him... He serves as both a mentor and an ambassador for the United States Olympic Committee and USA track and field.

For USA track and field Dan has been involved both as a host and celebrity athlete for the "Win with integrity program: a community outreach and mentoring program designed to help kids make good life decisions, set positive goals and adhere to a drug-free and healthy lifestyle.

Dan has served the USOC as an Olympic ambassador for the last 20 years. The Olympic Ambassador Program is one of the largest Olympic team initiatives in existence. This program allows O'Brien and other Olympians to mentor current Olympic athletes going for the gold.

O'Brien says, "the most rewarding part of the ambassador program is having personally met with almost every Olympic qualifier" His goal in mentoring Olympic athletes is to help prepare them to compete at their peak. O'Brien also advises the athletes on media training, performance preparation, and any other areas of personal concern.









# DAN O'BRIEN



**CONTACT**



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