



# Rulon Gardner

Olympian, Author, Motivator



Rulon Gardner grew up with eight siblings on a Wyoming crop and dairy farm. The hard chores and growing up in a large family taught him many life lessons.

Gardner attended the University of Nebraska on a wrestling scholarship and he's proud of his degree in physical education.

Rulon continued his wrestling and sacrificed much in order to achieve his Olympic aspirations. And, his book *Never Stop Pushing* is an inspiration for all.

Today, Rulon enjoys sharing his experiences to illustrate how persistence leads to success with his popular keynote "Never Give Up, Never Stop Trying: 7 Points to Success". The seven points are:

- ✓ Go back to the basics
- ✓ Turn the negatives into positives
- ✓ Aim high when you're feeling low
- ✓ Enlist others
- ✓ Train hard
- ✓ Take care of business
- ✓ Don't rest on your laurels

Rulon's presentations motivate, inspire, and leave a lasting impression on all those lucky enough to hear his message.

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