

PHILLIP KOONTZ

Former Navy SEAL of over six years, takes his life lessons forged through the trials of SEAL training and currently helps others practically apply them to their personal, professional and family lives.

For over a decade Phillip has enjoyed success as an international Keynote speaker in business, academic, athletic, and religious environments. He has spoken at thousands of events both in-person and virtually where he tailors his inspiring stories and lessons in the SEAL Teams to fit the occasion and audience. His use of live videos, personal operational gear and powerful stories will instantly capture your interest and will surely be remembered for years to come His most sought after talks include:

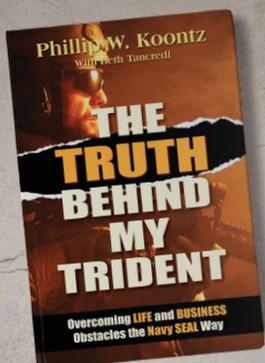


- **Overcoming Adversity:** A Navy SEAL's Advice on Facing Life's Challenges
- **Prepared For The Unknown:** 3 Practical Lessons From a Navy SEAL That Will Give You Peace Of Mind
- **Living Free and Fearless:** Protecting Yourself and Loved Ones in Everyday Situations
- **Three Dimensional Leadership:** Learning to Lead in All Environments and Circumstances.

Phillip has his Master's Degree in Leadership and is a Life and Executive Business Coach. He also volunteers with the Anti-Trafficking Bureau, helps rescues, restores and protects children trapped in the child trafficking industry.



For more information please visit his website at www.philkoontz.com, or to book a speaking engagement, please email info@philkoontz.com.



As a Best Selling author, Phillip's books: **The Truth Behind My Trident** gives a snapshot of a day in the life of a Navy SEAL as he pulls back the curtain, revealing the behind the scenes culture of this elite group.

In **Crush the Quit**, Phillip shows you how to stop quitting on yourself and build unbreakable habits that withstand doubt, fatigue, and fear. You'll learn to face fear without flinching, build unstoppable momentum, and execute your life's mission with clarity and conviction.

