



Coach Flynn

"From 'I Can't' to 'I Can' – The Mind Shift That Changes Everything"



ABOUT COACH FLYNN

Coach Flynn is a mindset and performance coach who helps driven individuals silence self-doubt and become the hero of their own story. With over 15 years in personal training, military leadership, and transformation coaching, he brings a powerful blend of discipline, heart, and humor to every stage he steps on. His Be-Do-Have framework empowers audiences to shift identity, take aligned action, and sustain real growth.

SPEAKING TOPICS

- **Be. Do. Have. — The 3 Steps to Unstoppable Growth**
- **Be The Hero You Need**
- **Your Why Needs to Be Bigger Than Your But**

Every audience is unique — and so is every talk. Whether I'm speaking to first responders, college students, fitness communities, military personnel, government teams, or corporate organizations, each presentation is crafted to resonate deeply with their challenges, language, and goals. Expect relevant stories, powerful mindset shifts, and real-life strategies your audience can act on immediately.

Key Takeaways:

- Learn to rewire self-limiting beliefs and build unshakable confidence
- A repeatable framework (Be-Do-Have) to create lasting transformation
- Why "I Can't" is just a habit — and how to break it for good
- Tools to replace self-sabotage with identity-aligned action
- How to lead yourself before leading others

CONTACT & BOOKING

To book Coach Flynn for your next event, workshop, or keynote, use the contact info below.

- Email: coachflynn@project-maximumeffort.com
- Website: www.coachflynn.com
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*"Maximum Effort.
Lasting Change."*