

DR. JASON SELK

the relentless pursuit of greatness

Dr. Jason Selk, LPC, NCC

While serving as the Director of Mental Training for the St Louis Cardinals, Dr. Jason Selk helped the team win their first World Series in over 20 years, and in 2011 he assisted the Cardinals in the historic feat of winning their second World Championship in a six year period. Dr. Selk is a regular contributor to Forbes, INC, Success, Shape, and Self Magazine; ABC, CBS, ESPN, and NBC radio and television; and has been featured in USA Today, CNBC, and Men's Health. Dr. Selk's second book, *Executive Toughness*, is a best-selling business book and his first book, *10-Minute Toughness*, is on pace to be one of the best-selling sport psychology books of all time. Dr. Selk's latest book *Organize Tomorrow Today* was ranked by *CEO READ* as the 13th best-selling business book of 2016.

Dr. Selk is considered to be one of the premier performance coaches in the United States. He helps numerous well-known professional and Olympic athletes as well as Fortune 500 and Fortune 100 executives and organizations develop the *mental toughness* necessary for high-level success.

Dr. Selk utilizes his in-depth knowledge and experience of working with the world's finest athletes, coaches and business leaders to help individuals and organizations outperform their competition. Dr. Selk works with such clients as professional athletes in the NFL, NHL, NBA, PGA, LPGA, MLB and NASCAR. In addition, he works with such business clients as UBS Financial, Edward Jones, Wells Fargo, The Capital Group, Ernst and Young, Northwestern Mutual and Enterprise Holdings, to name a few.