SPEAKER DOCUMENTS

Speaker Bio

ONE-LINER INTRODUCTION

Award-Winning Confidence Speaker · Best-Selling Author · Mindset Consultant · Endurance Athlete

FULL BIO — ~150 words | Programs, websites & event pages

Most people wait for confidence to show up before they perform. Baylor Barbee teaches you how to build it before it arrives.

An award-winning keynote speaker, author of eight books, and host of the top-ranked Shark Theory Podcast — heard in over 100 countries — Baylor has spent 18+ years on stage helping leaders, teams, and high-performing professionals engineer confidence that holds under pressure. His proprietary Mile 19 Method™ gives audiences a repeatable framework for winning in the moments most people quit.

A former Division I football player turned endurance athlete, Baylor doesn't just talk about performing in adversity — he lives it. His clients include Chase, American Airlines, Xerox, Keller Williams, and more — organizations that bring him back because he doesn't just motivate, he installs a framework.

When the moment matters most, Baylor Barbee is the person you want in the room.

BEST USED FOR
Event websites · Speaker bureau listings · Conference programs · Press releases · Podcast guest bios · Book jacket copy

SHORT BIO — ~50 words | Social media & short program listings

Baylor Barbee is an award-winning keynote speaker, author of eight books, and host of the top-ranked Shark Theory Podcast — heard in over 100 countries. His Mile 19 Method™ has equipped Fortune 500 companies and top sales teams with a repeatable framework for building confidence that performs under pressure. Mindset Matters.

BEST USED FOR
Event apps · Social media introductions · Conference schedules · Email signatures · Quick-reference materials

CREDENTIAL STRIP — Slide decks, event slides & lower thirds

18+	8	100+	1,481+
Years on Stage	Books Published	Countries Reached	Podcast Episodes

Questions before the event?
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