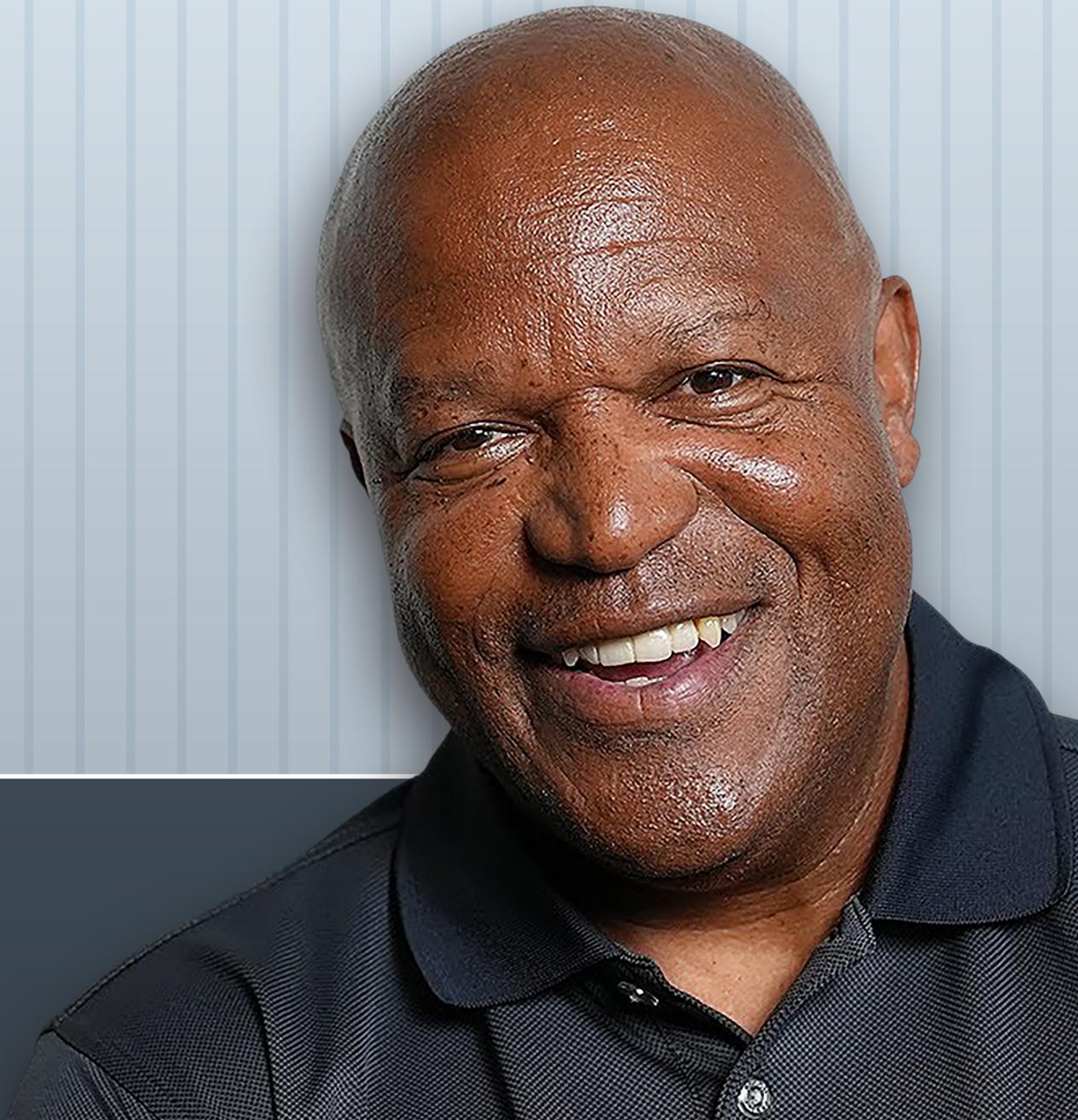


Almon Gunter

INTERNATIONAL SPEAKER & BEST-SELLING AUTHOR





Elevate to Excellence

Unleashing the Game of Life with Almon Gunter

Join the charismatic and accomplished Almon Gunter, as he takes you on an inspiring journey through the core principles of success. With Almon, there's no one-size-fits-all approach; his speeches are tailor-made to suit your specific needs. Whether it's unraveling the secrets of teamwork from his book *The Essence of Teamwork*, delving into the art of leadership using the principles from *Lead with Your Life*, or embarking on a mental toughness quest with insights from *Mind Over Matter: Unlocking the Power of Mental Toughness*, Almon brings a unique blend of energy and expertise to every presentation.

In this captivating experience, Almon will elevate you from passive spectators to active athletes in the grand game of life. Through the lens of his remarkable journey, he'll guide you to win each day through mental toughness, picking your team, and leading with your life.

LEARNER OBJECTIVES

Understand the Core Principles

Comprehend the fundamental principles of teamwork, leadership, and mental toughness as elucidated in Almon's acclaimed books, *The Essence of Teamwork*, *Lead with your Life*, and *Mind Over Matter: Unlocking the Power of Mental Toughness*.

Customize for Success

Recognize the importance of tailoring strategies to meet the unique needs of your organization and individuals within it, gaining insights into the art of customization from Almon's speeches.

Inspired Action

Be inspired to apply the principles learned in their own lives, businesses, and teams, ultimately leading to enhanced success, productivity, and fulfillment.

Almon's Bio

M meet Almon Gunter, the dynamic force behind AGE 3 LLC, where he reigns as the illustrious CEO and President. Almon's journey is nothing short of extraordinary, encompassing roles as a motivational maestro, inspirational luminary, prolific author, and visionary consultant. His accolades don't stop there, however; Almon is a two-time US Olympic Trials Qualifier in track-and-field, a testament to his indomitable spirit.

With six empowering self-help books under his belt, Almon's literary prowess shines. *Focus to Win* lays the foundation for unbridled success, while *The Essence of Teamwork* champions the art of collaboration and victory. *Lead with your Life* imparts the wisdom of servant leadership, *Mentoring: Leadership to Legacy* serves as a blueprint for crafting enduring legacies, *Building a Winning Culture* details how winning cultures are intentionally designed, and *Mind Over Matter: Unlocking the Power of Mental Toughness* lays out how the game of life is always won between the ears.

Almon's athletic prowess knows no bounds; he's

sprinted his way to international acclaim in more than 15 countries and claimed the 13th fastest 200-meter time globally during his prime. Now he harnesses his track triumphs to empower others to achieve their peak performance in the grand game of life.

A sought-after speaker, Almon has graced stages worldwide, tailoring his talks to titans of industry. His expertise spans leadership, teamwork, goal setting, and the art of playing to win. Moreover, Almon has emerged as a preeminent coach, sculpting champions in speed, agility, and mental toughness across various sports since 1998.

Rooted in a rich tapestry of training, senior management, and athletics, Almon's perspective on life is truly unique. He fervently believes that every individual possesses the innate drive, dedication, and determination to seize their dreams. His success formula comprises unwavering commitment, boundless enthusiasm, relentless toil, and a heart pulsating with hustle. Embrace Almon's guidance, and you too can become the MVP in the exhilarating game of life.

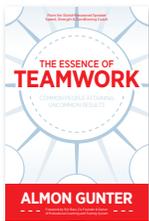
Almon's Books

These six books form a complete mindset-to-leadership ecosystem: focus, teamwork, leadership, mentoring, winning culture, and mental toughness. It's not theory. It's game-ready execution!



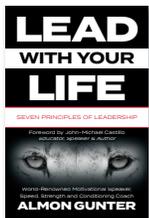
Focus to Win

This book breaks down how focus, not talent separates high performers from the rest. Almon delivers practical tools for eliminating distractions, sharpening mental discipline, and executing with intention when it matters most.



The Essence of Teamwork

This book provides a practical and inspirational breakdown of what real teamwork looks like. Almon emphasizes communication, trust, role clarity, and selflessness as the cornerstones of teams that consistently perform at a high level.



Lead with Your Life

This book is a leadership playbook rooted in character, purpose, and service. Almon outlines seven essential leadership principles that challenge readers to lead with integrity, vision, and people-first discipline on and off the field.



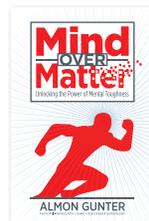
Mentoring: Leadership to Legacy

This book is a powerful guide on developing others with guidance and purpose. Almon reframes mentoring as a responsibility of leadership. He provides practical tools that demonstrate how to build people, transfer wisdom, and create an impact that lasts beyond titles and careers.



Building a Winning Culture

This book points out how a company's culture isn't created by accident. It's designed. Almon delivers a blueprint for leaders and organizations to create environments rooted in accountability, trust, standards, and shared commitment to excellence.



Mind Over Matter

This book is Almon's boldest and most direct message on mental toughness. Almon dives deep into mindset, grit, resilience, and daily habits of successful people. He makes the case that success is built between the ears long before it shows up in results.

Topics & Thought-Starters

CUSTOMIZED MOTIVATIONAL PRESENTATIONS: While each presentation that Almon Gunter makes is customized to your organization's needs, here are a few topics and thought-starters.

Leadership: Lead With Your Life 7 Characteristics of Leadership

In this keynote or half-day seminar, Almon Gunter brings the message of his book *Lead with Your Life* to life by challenging leaders to align who they are with how they lead. He explores how personal values, daily habits, and life experiences shape leadership effectiveness both professionally and personally. Through powerful stories and practical insights, Almon helps participants understand the impact of authenticity, consistency, and purpose-driven decision-making. Attendees are encouraged to examine the gap between intention and action in their own leadership journey. The session equips leaders with simple, actionable tools to lead with integrity, influence others more effectively, and create meaningful impact through the way they live and lead.

THEMES:

- Be a Visionary
- Communicate the Vision
- People Skills
- Be Bold

Teamwork: The Essence of Teamwork The 8 Characteristics of a Great Team

In this keynote or half-day seminar, Almon Gunter unpacks the core ideas from his book *Essence of Teamwork* to reveal what truly makes teams thrive. He explores the foundational elements of trust, communication, and shared responsibility that turn groups of individuals into cohesive, high-performing teams. Using engaging stories and real-world examples, Almon shows how strong relationships and clear roles drive collaboration and results. Participants learn how to address common teamwork challenges such as silos, misalignment, and lack of accountability. The session provides practical strategies leaders can apply immediately to strengthen connection, boost collaboration, and build teams that perform with unity and purpose.

THEMES:

- Empower Each Other
- Commit to the process and each other
- Think Team
- Trust and Respect

Continues

Topics & Thought-Starters (Continued)

Culture: Building a Winning Culture **10 Building Blocks of a Winning Culture**

In this keynote or half-day seminar, Almon Gunter draws from his book *Building a Winning Culture* to show leaders how intentional culture drives sustained success. He breaks down the core principles of accountability, trust, and shared values, explaining how they translate into everyday behaviors that shape high-performing teams. Through real-world examples and practical frameworks, participants learn how to assess their current culture and identify gaps that may be limiting results. Almon emphasizes the leader's role in modeling expectations and reinforcing standards consistently. Attendees leave with clear, actionable strategies to strengthen alignment, improve performance, and create a culture where people are motivated to win together.

THEMES:

- People of Character
- Grit & Tenacity
- Can-Do Attitude
- Empowering Each Other

Mental Toughness: Mind Over Matter **Unlocking the Power of Mental Toughness**

In this keynote or half-day seminar, Almon Gunter draws from his book *Mind Over Matter* to demonstrate how mindset directly influences performance, resilience, and leadership effectiveness. He explains how thoughts, beliefs, and self-talk shape behavior and ultimately determine outcomes. Through compelling stories and practical exercises, Almon helps participants recognize mental barriers that limit growth and success. Attendees learn proven strategies for developing mental discipline, focus, and confidence under pressure. This session equips leaders and teams with tools to reframe challenges, strengthen resilience, and consistently perform at their best abilities.

THEMES:

- Coping with Demand
- Self Belief
- Programming the Mind for Success
- Develop a Routine

A Few Clients



CITY OF
TALLAHASSEE



MIT Massachusetts
Institute of
Technology

FSU



Deutsche Bank

JEA



lululemon

CSX



AT&T



NY
NY GOTHAM FC



champion.



ZIMMER BIOMET

ceva
LOGISTICS



Miller



EXPRESS SCRIPTS®

mannkind



**Thomson
Reuters**



sam's club 

UF
UNIVERSITY of
FLORIDA

Johnson & Johnson



Booking Events

Contact AGE 3, LLC today to start your transformation! #everydayisgameday



AGE 3, LLC

PO Box 194 • Jacksonville, FL 32234



Phone

(904) 803-1917



Email

almon@almongunterexperience.com



Website

www.almongunterexperience.com



X

@almongunter



Facebook

Almon W Gunter Jr



Instagram

almongunter



YouTube

Almon Gunter Experience



LinkedIn

Almon Gunter