



The Ultimate Corporate Event Company

905.831.0404

[info@kmprod.com](mailto:info@kmprod.com)

<http://www.kmprod.com>

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Speaker, Host of *The Amazing Race Canada*;  
Olympic Champion

<http://www.kmprod.com/speakers/speaker-jon-montgomery>

## Bio

Jon Montgomery captured the hearts of Canadians – and the attention of everyone – during the 2010 Vancouver Winter Games. After years of hard work, training and perseverance, Montgomery won a gold medal in skeleton, securing his place in history as one of the best. His celebratory walk through Whistler showcased his passion, spirit, and sense of humour—traits that he brings to every platform, whether in front of a live audience or acting as the host of *The Amazing Race Canada*. [morelink]

## Topics

## Dreaming Big: Living Bigger

While Jon Montgomery always wanted to be a Canadian National Team athlete, he didn't know which sport it would be in! Keeping his eyes wide open, living outside his comfort zone, trying new things and accepting the challenges that presented themselves enabled him to find his passion and his opportunity to realize his dreams. Jon's story inspires others to go after what they're looking for, no matter how daunting a task it may at first seem.

## Innovation and Realism

While we must be realistic about the things in life we can't change, there are always ways in which we can optimize ourselves and our situations through creative thinking and innovation. Unless you're moving forward you're getting left behind!

## Jon's Olympic Journey

The story of how a small town boy from Manitoba, who grew up playing hockey and idolizing his home town hero, Theo Fleury (the smallest guy to ever play in the NHL) inspired Jon Montgomery to become an Olympic Champion.

## Self-Efficacy

Jon Montgomery explains the secrets that helped him achieve the confidence to follow and achieve his dreams, and how you can, too.

## Teamwork

In an individual sport like skeleton, one's success as an athlete is directly tied to their ability to work collaboratively with their team. Jon Montgomery explains the importance of teamwork in our families, workplaces, or communities.

Jon Montgomery is represented by K&M Productions. For more information, **\* fees**, Jon Montgomery's speaking schedule & **booking Jon Montgomery, contact us**. (\*Fee range indicated is for "virtual" keynotes.)