

JEFF SECKENDORF

Leadership & Performance Speaker, Author
6× World Record Endurance Cyclist | Coach | Educator



ABOUT

Jeff Seckendorf is a leadership and performance speaker whose career has spanned education, coaching, filmmaking, scuba instruction, and elite endurance athletics.

At age 70, Jeff set four World Ultra Cycling Association records. He holds two World 6-Hour Time Trial records at 65+ and 70+ demonstrating that high performance isn't defined by age, but by purpose, preparation, and consistency.

His talks draw from his own experiences, combining compelling storytelling with practical strategies that help audiences embrace change, overcome setbacks, and perform at their best.

Jeff's unique blend of world-class athletic achievement, coaching expertise, and decades of experience inspires audiences while equipping them with actionable tools for long-term growth.

KEYNOTE TOPICS

01

**Age Is Not a Number,
It's an Upgrade**

Discover how age can work in your favor and your best years lie ahead.

02

Playing the Long Game

Build the mindset for long-term success through purposeful action.

03

Find New Paths Forward

Reframe setbacks as opportunities by embracing the power of a pivot.

04

High Performance @ 70

Practical lessons on sustaining long-term performance and wellbeing.

**"MOTIVATION STARTS THE PROCESS.
TRAINING BUILDS THE SKILL.
THE LONG GAME PRODUCES THE RESULT."**

Meaningful achievement comes from committing to the process, not chasing quick wins.

- Inspiring audiences through authentic stories and decades of lived experience.
- Sharing practical frameworks for leading through change and overcoming setbacks.
- Equipping audiences with actionable strategies for long-term growth and high performance.



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