



## Paul Assaiante

Coach Paul Assaiante knows how to motivate teams for success. As the “winningest coach in college sports history,” Paul has motivated top athletes from around the world. He not only cares about his players, he inspires them to work their hardest and deliver their best every day. He understands that daily perseverance is required for success in any arena.

Paul’s core belief is the need to embrace our fears in order to remove the obstacles to our success. He shares his experience and lessons on building and coaching teams of champions in his book, *Run to the Roar: Coaching to Overcome Fear*.

As the coach of the Men’s Squash team at Trinity College, Paul has built a legacy of teamwork, leadership, and success that is unparalleled. The team has won 16 NCAA Championship titles- and counting! As a result of his 22-year dedication, Trinity College holds the record for the longest winning streak of any college team in any sport. In addition, Paul was the head coach of the Trinity College men’s tennis team for 19 seasons, consistently being ranked regionally and nationally. He was honored as the 2008 NESCAC and Northeast Regional Coach of the Year. Paul also coached the World Team Tennis for 9 years and The Tennis Center at Trinity College carries his name.

From 1999-2003 and again from 2010 to present, Paul coached both the United States Squash Team, which competed in the Pan American Games, and the USA Men's Team, which finished a best-ever sixth in the World Championships in Germany in 2011. Twice named the United States Olympic Committee Coach of the Year, Paul was named one of Connecticut’s top sports coaches of the 20th century by The Hartford Courant, and recently earned an award from the Hartford Business Bureau for his outstanding contribution to sports in the city. In 2016, Paul will be inducted into the US Squash Hall of Fame.

Paul has an exceptional skill for rallying multicultural teams into a cohesive group of winners, as evidenced by the Trinity Men’s Squash team. He has taken the world’s top individual players from a wide range of cultural, religious, and even language backgrounds and molded them into a prolific winning machine that also feels like a family—a group that places the success of the team as a whole above all else. Their triumphs and perseverance have propelled them to the forefront of college sports as legendary players.

Whether addressing corporate leaders, sales, teams, association attendees, or young adults, Paul's keynotes inspire lasting success by helping others conquer their fears, practice perseverance, and care about those around them.

## Speech Topics

### *Run to the Roar: Identifying and Facing the Fears that Block Success*

Based on his book, *Run to the Roar: Coaching to Overcome Fear*, Paul encourages people to free themselves from the chains of fear, so success and the joy of the journey can be realized. He details how teams can be strengthened through empathy and by nurturing a positive, forward-thinking attitude. Attendees gain insight into his guiding principles "the awesome power of now" and "love wins." Audiences are inspired to:

- Give everything they have - every day
- Be the best they can be - every day
- Negotiate through change and make the right decisions
- Identify and face the fears that block success

Imagine the huge impact that can be created when a group of people embrace these concepts! What championship awaits your team?

### *Keys to Teamwork: Inspiring and Motivating High Performers*

Recognizing that egos can sometimes be a distraction from the overall goal, Paul inspires a sense of family among his players. In order to succeed as a group, individuals truly need to buy into the concept that they are a member of a family. All of the family members must have each other's backs. Through storytelling and a note of humor, Paul inspires winning teams and audiences with the following messages:

- Individuals do not win, the team wins
- Individuals each have a role, but all contribute to the greater good
- Create a sense of ownership, it is essential for leadership loyalty
- When a group is put through adversity, they become more unified
- Being part of a team means holding individuals accountable for their own performance

### *Raising Balanced Kids in a Pressurized Society: For Educators, Parents, and Students*

Educators and coaches have a unique opportunity to guide and mentor young people into productive adulthood. Paul has directly impacted many students' lives through his successful coaching principles. In this talk, Paul explains how today's high-pressure environment affects our kids and what parents and educators can do to help manage the delicate balance between:

- Controlling vs. letting kids take ownership of their journey
- Motivating vs. pushing
- Rescuing vs. letting kids fail



## Strengthening Teams Through Diversity

Paul has built his winning success by recruiting and coaching squash players from around the world who possess the drive and passion to be part of his winning team. Each year, he brings together athletes from different nationalities, religions, and cultures to form a bonded team of national champions. In this lecture, audiences learn the importance of:

- Cultural diversity in building strong teams
- Understanding cultural sensitivities
- Collaboration among team members

## The Power of Perseverance

Paul believes that great leaders and managers are those who encourage peak performance every day. They consistently invest time and energy, mentoring their teams to achieve long-term, sustained success. While teams may encounter defeat along the road to success, it's what comes after the defeat that truly counts. In this presentation, audiences learn:

- How effective perseverance can lead to victory
- The endurance to maintain a 13-year winning streak of national championships
- Overcoming defeat
- To be a winner and a legacy, you must prepare effectively, pull together as a team, and persevere every single day.

