Speaking Topics



Keynote Descriptions And Audience Takeaways

Own Your Zone
The Elite Performance System For Winning Leaders

Pressure. Stress. Deadlines. Distractions.

For high achievers, leaders, and teams, these aren't going away. They're increasing and we're expected to stay on our A-game in every role we play. What if we commit to living and working like elite athletes skilled at staying calm under fire, focused under pressure, and resilient through setbacks?

Excellence isn't measured by high output alone. It's about building capacity to perform through pressure without burning out. We don't need more hustle. We require better fundamentals. Simple, powerful practices to restore the body, rewire the mind, and reconnect the heart.

The Own Your Zone framework delivers exactly that. Created by former top 100 world-ranked tennis pro , Stanford All-American and national champion, leadership speaker, executive performance coach, Jeff Salzenstein, this system brings elite level performance tools into everyday leadership. Jeff's human centered, grounded, science- backed approach transforms how high performers respond to pressure, turning stress into strength and making resilience the norm, not the exception.

This keynote is ideal for leaders and teams who are:

- Navigating high-pressure environments and seeking greater resilience.
- Struggling with burnout and looking to restore energy andfocus.
- Prioritizing mental health and emotional well-being in the workplace.
- Committed to leading with clarity, calm, and consistent professionalism.

The audience will leave with:

- Practical tools to access peak performance even in high- pressure moments.
- Mindset strategies to lead with authentic confidence and clarity.
- Emotional regulation techniques to boost energy, focus, and creativity.
- Recovery habits to prevent burnout and sustain long-term excellence.
- A personal resilience framework to thrive through stress, setbacks, and uncertainty.

Speaking Topics



The Champion's Way

Lead, Perform, and Stay Resilient Through Pressure and Uncertainty

In The Champion's Way, leadership speaker and executive performance coach Jeff Salzenstein delivers a transformational playbook for leading through adversity, performing through pressure, and building resilience that lasts.

Drawing on his experience as a top 100 world-ranked tennis player, two time Stanford All American, leadership speakr and elite performance coach, Jeff reveals what the world's best competitors know: champions don't just win—they prepare, adapt, and rise no matter what life throws at them.

This keynote introduces the SOARS Framework, a proven system for cultivating clarity, alignment, and emotional strength when it matters most. It is not about pushing harder. It is about leading smarter, deeper, and more intentionally through pressure.

This keynote is ideal for leaders, teams, and high performers who:

- Are navigating pressure packed environments and need to stay grounded and composed
- Want to build personal and professional resilience in uncertain times
- Are ready to shift from reactive to responsive leadership
- Seek purpose driven performance without sacrificing well being

The audience will leave with:

- A powerful mindset reframe: Real champions do not avoid stress. They work with it to unlock growth and impact
- Strategies to align actions with core values, especially under pressure
- Emotional regulation tools to rebound quickly from setbacks and lead with clarity
- Practical techniques to expand capacity, access peak states, and perform with confidence
- A lasting sense of purpose and permission to win big without losing yourself in the process

The Champion's Way isn't about having it all together. It's about building the inner readiness to rise no matter what.

Speaking Topics



Winning Together

The Culture-First Sales Playbook to Attract, Inspire, and Grow

In today's competitive landscape, talent is the real differentiator and culture is the magnet. Sales success isn't just about scripts, quotas, or compensation plans. It's about building a team that believes, belongs, and brings their best when it matters most.

In this keynote, former top 100 world-ranked tennis pro, two-time Stanford All-American, leadership speaker, and executive performance coach, Jeff Salzenstein shares his proven, human centered system to create resilient, high-performing sales teams that thrive through pressure and lead with integrity.

Drawing from decades of experience in elite sports, entrepreneurship, and executive coaching, Jeff reveals how to build a winning culture that attracts top talent, inspires aligned action, and grows sustainable success, without sacrificing well-being.

This keynote is ideal for sales leaders and teams who:

- Want to attract top performers through an authentic, values-driven culture.
- Are committed to building team cohesion and emotional resilience.
- Seek to unlock higher energy, connection, and collaboration in high-stress environments.
- Are ready to grow performance without burnout.

The audience will leave with:

- A blueprint for building a culture-first sales team that inspires trust, ownership, and loyalty.
- Emotional regulation and mindset tools to help teams stay focused under pressure.
- Recovery and energy management techniques to increase resilience and drive.
- Leadership insights that shift culture from reactive to responsive.
- Simple practices to fuel consistent performance and deeper team connection.

Winning isn't just about closing deals. It's about building a culture where people win together.

Speaking Topics



The Energy Edge
The New Bottom Line for Leadership and Team Success

What if energy, not effort, was your team's greatest competitive advantage?

In today's pressure-filled world, leaders and teams are burning out at alarming rates. The old model of grinding through stress is broken. Sustainable performance now depends on a new bottom line, one rooted in energy, resilience, and well-being. Former top 100 world ranked tennis pro, Stanford All-American, leadership speaker, and executive performance coach Jeff Salzenstein shares a practical, science-backed system to help high achievers fuel long-term success without sacrificing their health, clarity, or fulfillment.

In this energizing keynote, Jeff reveals how the same recovery and performance strategies used by elite athletes can help leaders unlock peak energy, reduce overwhelm, and lead with greater calm, focus, and consistency. It's not about doing more, it's about doing what matters most, with the energy and presence to do it well.

This keynote is ideal for leaders, achievers, and organizations who want to:

- Build a foundation of health and vitality that supports high performance
- Prevent burnout by increasing capacity mentally, emotionally, and physically
- Create a culture where energy, engagement, and achievement go hand in hand
- Shift from stress-based leadership to sustainable excellence
- Lead and live with more clarity, balance, and purpose

Audiences will leave with:

- Simple energy habits to improve clarity, focus, and physical stamina
- Mindset shifts that prioritize well-being without lowering standards
- Tools for rapid stress regulation and emotional composure
- A modern blueprint to perform at a high level—without running on empty

The Energy Edge isn't a luxury. It's an essential leadership skill to master.