MATT YOUNG

Motivational Speaker · Mental Performance Coach

Frisco, Texas — keynotes for companies, sales teams, schools, churches & sports organizations



SIGNATURE KEYNOTE

Scar Tissue: What Falling Apart Taught Me About Getting Back Up

A 45–60 minute keynote with a story no one else in the room can tell: a pro wrestling career that went as far as working with WWE, ended by injuries at 20 — a million dollars made by 23 and gone by 26, bankruptcy — and a rebuild grounded in faith, discipline, and the science of how the mind and body work together under pressure. It is not motivational fluff. It is a field manual from someone who has actually had to start over — practical, interactive, and built to give a team takeaways they use the same day.

Trained by Booker T	5 years in the ring	12+ years	20 years of rooms
WWE Hall of Famer	Pro wrestler, 2007–2012	Sales & finance leadership	Ring, sales floors & stages

KEY TAKEAWAYS

- **The mind–body connection, made practical.** Years of study under Bob Proctor and Dr. Joe Dispenza, translated into tools a room can use immediately.
- **Identity after the loss.** Who are you when the title, the job, or the season is gone — and how to answer that honestly.
- **Pressure is information.** The body-first reset Matt teaches elite athletes — and uses himself.
- **Purpose is a gift, not a mystery.** A faith-driven case that everyone carries a God-given gift — and the scar tissue to prove it.

ALSO SPEAKS ON

- Resilience & Second Chances
- Mental Health Awareness
- Boosting Sales for Companies
- Leading Sales Teams
- The Confidence Code
- Faith & Purpose
- Mental Performance for Athletes (youth to the pros)

ABOUT MATT

Trained by WWE Hall of Famer **Booker T**, Matt wrestled professionally five years, working with WWE, before injuries ended his career at 20. Raised in the car business, he spent **12+ years as a sales and finance manager**, made over $1 million by 23, lost it all to bankruptcy at 26, and rebuilt at 27.

WHAT EACH ROOM GETS

FOR SCHOOLS & STUDENTS

Scar Tissue, tailored to the age group: ownership of their gifts, mental health awareness, how drugs destroy lives, and how the people around you shape confidence. 45–60 minutes.

FOR COMPANIES & SALES TEAMS

Confidence that holds up under pressure, for sales kickoffs, retreats, and all-hands. Practical mind–body tools from 12+ years leading sales teams.

FOR ATHLETES & FAMILIES

The Confidence Code team session — confidence under pressure, mistake resets, routines — plus one-on-one coaching, youth to college and pro — tools to take control and blossom into who they were gifted to be.

Full bio, topics, and booking: **mattyoung.live** · Also on GigSalad and SpeakerHub (search “Matt Young”).

BOOK MATT mattyoung.live · mattyounglive@gmail.com · (214) 471-8709 Frisco, Texas — travels nationwide