

TAKE OUT YOUR TRASH

WITH BRIAN BOGERT

FILL YOUR EMPTY BY LETTING GO

FORBES COACHES COUNCIL MEMBER | PERFORMANCE COACH | BUSINESS STRATEGIST | SPEAKER



As an ambitious, high-performing individual, it's easy to let your identity become tangled in your achievements. Countless executives, business owners, and top performers across all industries in the world suffer from burnout, lack of motivation, and even business troubles because their emotional triggers have taken over their personal and professional lives. The only way to move past these triggers and succeed sustainably is to **Take Out Your Trash.**

Brian Bogert has helped countless men take out the trash by expertly digging into the root cause of their triggers, and uncovering the reasons why they react the way they do. If you ignore the trash, it only piles up — and it will bury you. But with a designated space to face your triggers and rewire your mind to stop reacting in the way it does, you will clear out your emotional body and give yourself the ultimate chance to perform at your peak, in life and in business.

ABOUT BRIAN

There is a sleeping giant in every human. Brian's purpose in life is to awaken those giants within and turn them into legends by helping them grab what they believe is just out of their grasp. Brian is a heart surgeon without a blade. He does not start outside with what you need to **DO**, he starts inside with who you **ARE**. In a world that is disconnected, Brian is revolutionizing how individuals, leaders, and entrepreneurs deeply connect with their authentic selves to achieve the best version of themselves. At just 7 years old, Brian was faced with a traumatic injury that most of us can barely even imagine. He was run over by a truck and his left arm was severed from his body. After years of intensive rehabilitation and over 24 surgeries, Brian has a deep lived understanding of how physical, emotional, and mental pain can keep people buried, regardless of what their initial trauma was. His belief that everyone's story is as important as his own is what makes him one of the most accessible, relatable, and authentic individuals you will ever meet.

As a human behavior and performance coach, speaker, and business strategist, **Brian disrupts the normative approach on how to create sustainable growth and lasting change personally and professionally.** His philosophies on "how to embrace pain to avoid suffering," "scanning the can," and "taking out your emotional trash" have helped individuals and companies discover and activate their limitless potential. Brian and his team lead with intentionality as they are driven by their vision to impact over a billion lives as quickly as possible.

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