



**INSPIRATION - LEADERSHIP – MENTAL TOUGHNESS**  
*Speaker*

U.S. Navy SEAL Lt. Commander  
7-Time Paralympic Medalist, 3-Time Paralympian  
2022 Paralympic Gold Medalist  
“Best Male Athlete” of the 2018 Paralympic Games  
Master of Theological Studies 2018, Harvard University  
Master in Public Administration 2016, Harvard University





Dan,

Apologies for the late follow up but you CRUSHED it at our event last week. Our group clearly couldn't get enough and would have enjoyed more time with you, as evidenced by them lining up to meet you. **The only downside is I have NO idea how I can top you as a speaker at our next annual meeting...**and everyone acknowledged that. You were super comfortable, well spoken, genuine, and detailed...and most of all, really brought your unique and special life stories back to lessons to take away (perspective, one step at a time, goal setting, having a plan, etc.)....all of which resonated great with our crowd.

Many thanks again, and good luck in all your endeavors. I hope we can connect again!

Best Regards,  
Dan

Dan Dickinson  
Chief Executive Officer  
HCI Equity Partners

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**From:** Bellina, Christy <[bellina@amazon.com](mailto:bellina@amazon.com)>  
**To:** Conlan, JoJo <[jojocon@amazon.com](mailto:jojocon@amazon.com)>  
**Subject:** Inspiration Talks – Dan Crossen

Oh JoJo –  
Wow, wow, wow! Dan was an amazing person to feature, and what an inspiration! A true patriot and a warrior in every sense. I hung on every word – incredible! Thank you for putting this program together and the time and energy you're spending on it – what a wonderful way to spend time.

All the best,  
Christy

Christy Chapin Bellina  
Amazon

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Hi Dan,

"Thank you" just doesn't seem to cut it. It's hard to find the words to express my gratitude to you as a patriot, as a speaker, as a leader of men and as a contributor to the Blackhawks.

I just wanted to pen a quick note of appreciation and let you know how impactful I find your presentations. Beyond your inspiring stories of perseverance, your insights on improving human performance vis a vis preparation and execution is pure gold. Our prospects would be wise to heed any and all advice you provide. Implementing even one of your recommendations would mean improving as both an athlete and as a person.

Again, thanks for being a return contributor to the Blackhawks and we hope to see much more of you in the future.

Thanks,  
Ian Gentile  
Senior Manager, Player Development  
Chicago Blackhawks





## Who is Dan Cossien? (ka-na-sen)

A true patriot, raised on the farmlands of Kansas, early on Dan knew he wanted to serve his country. Upon graduating high school, he was accepted at the U.S. Naval Academy and spent the next four years relentlessly pursuing selection for SEAL training. One of only 16 members of his class given the opportunity to enter Basic Underwater Demolition / SEAL training as officers, Dan successfully completed the grueling process in the fall of 2003.

Over the next six years, Dan was deployed multiple times to Iraq and Afghanistan and rose in rank to become the officer-in-charge of an 18-man SEAL platoon.

In 2009, Dan was deployed to Afghanistan, into an area of heavy combat. There, on a night mission in the mountains, he stepped on an IED, losing both legs in the blast. He would later be awarded a Purple Heart and Bronze Star with Valor.

For the next two years Dan fought for his life, enduring over 40 different surgeries, while readjusting to civilian life. It was during this time, as part of his rehab, that he was introduced to the sports of cross-country skiing and biathlon. Never one to shy from a challenge, he eventually earned a spot on the 2014 U.S. Paralympic Team.

In 2015, Dan returned to graduate school, earning two degrees from Harvard University.

At the 2018 Paralympic Games Dan stole the show, remarkably winning one gold, four silver and one bronze medal over a period of eight days earning the honor of **Best Male Athlete of The Games**.





## What Dan Speaks About / Why Hire Dan?

Dan has shared his remarkable story, and the inspiring insights he has uncovered along the way, to corporations, military audiences, professional associations, charities, and schools across the country. With captivating stories from his time in SEAL training, his numerous military deployments and his pursuit of athletic excellence at the Paralympic Games, Dan will leave your audience both in awe of one man's will, and inspired to take on any personal or business challenge in their own life.

### Dan has three presentations:


**INSPIRATION / OVERCOMING ADVERSITY** – if you're looking for a keynote speaker to share an astonishing story of survival, grit and resiliency in the face of seemingly insurmountable adversity, Dan's personal journey from the battlefields of Afghanistan to the podium at the Paralympic Games is sure to inspire your audience to confront any challenge head-on.

**LEADERSHIP** – 'Servant Based Leadership', 'Constantly Improving Your Tactical Position', 'Succession Planning' and the counter-intuitive, 'Not Knowing Is A Position of Strength' are some of the principles Dan demonstrates in this presentation targeted to your company's directors and team leaders.

**MENTAL TOUGHNESS / GRIT / GOAL SETTING** - Navy SEALs don't tolerate inefficiency, excuses and mediocrity. If you're looking for a speaker to not only inspire your team, but to equip them with tangible steps to set and achieve far reaching goals while navigating any obstacle, this is the presentation you're looking for. Dan shares the mental tools that got him through the most grueling military training in the world, and how those tools translate to business and life.





A full-page background image of a surfer in a dark wetsuit riding a large, curling blue wave. The surfer is positioned in the lower right quadrant, leaning forward on their surfboard. The wave's crest is breaking into white foam above the surfer.

*"Believe it or not, I used to be afraid of the water.  
Maybe that's what you get from a kid who grew up  
landlocked, on a farm, in Kansas.*

*Leadership is seeing fear in both yourself and your  
team as an opportunity to grow, to overcome and to  
gain a tactical advantage."*



DAN CNOSSEN