

JOHN DIGGS



Author | Life Coach | Podcast Guest | TEDx Speaker | Workshop Leader

John Diggs is a dynamic and inspiring thought leader dedicated to empowering individuals and organizations to discover their true potential through the revolutionary I AM System. With a unique blend of expertise in personal development, education, and corporate growth, John Diggs has become a sought-after speaker, podcast guest, and workshop leader, known for transforming lives and driving success in higher education, corporate environments, and athletic programs.

The I AM System: Transformative Growth for Individuals and Organizations

The I AM System is a comprehensive framework designed to help individuals unlock their fullest potential by understanding and embracing who they truly are. Through mind mapping, goal setting, and self-discovery, the system focuses on four core pillars:

- **Excellent Health:** Achieve optimal physical, mental, and spiritual well-being.
- **Extraordinary Wealth:** Cultivate abundance in emotions, knowledge, and freedom.
- **Enormous Success:** Drive results in relationships, career, and personal fulfillment.
- **Extreme Happiness:** Embrace joy through gratitude for the past, present, and future.



Why Hire John Diggs?

For Higher Education:

- **Empower Students:** Equip students with the tools to excel academically, professionally, and personally through the I AM System.
- **Support Student-Athletes:** Provide student-athletes with strategies to balance their academic, athletic, and personal lives, leading to well-rounded success.
- **Faculty Development:** Enhance teaching effectiveness and staff well-being by integrating I AM System principles into daily routines.
- **Curriculum Integration:** Offer workshops and seminars that align with institutional goals, fostering a culture of self-awareness and success.



For Athletic Programs:

- **Enhance Performance:** Equip athletes with mental and emotional tools to perform at their best, both on and off the field.
- **Resilience Building:** Teach athletes how to overcome challenges and setbacks with a growth mindset.
- **Balanced Life Skills:** Support athletes in developing life skills that contribute to their success beyond sports.



Can You  Diggs It?

For Corporations:

- **Boost Productivity:** Inspire employees to achieve peak performance by aligning personal and organizational goals.
- **Leadership Training:** Develop strong, mindful leaders who can navigate challenges with clarity and confidence.
- **Team Cohesion:** Improve workplace dynamics by fostering better communication, collaboration, and mutual respect.



Speaking & Workshop Topics

- ❖ **Mappineering Your Success:** How to mind map for personal and professional growth.
- ❖ **The Power of 'I AM':** Transformative self-discovery for lasting impact.
- ❖ **Balancing Health, Wealth, Success, and Happiness:** Strategies for a fulfilled life.
- ❖ **Leadership Through Self-Awareness:** Empowering leaders to inspire and influence.
- ❖ **Building Resilient Teams:** Strengthening corporate culture through the I AM System.
- ❖ **Athletic Excellence Through Mental Mastery:** Tools and strategies for student-athletes to achieve peak performance.

Podcast Guest & Speaker

Engaging Conversations: John Diggs is a captivating podcast guest, bringing insightful perspectives on personal development, leadership, and organizational growth.

Dynamic Presentations: As a speaker, John Diggs delivers high-impact, actionable content that resonates with diverse audiences, including students, athletes, educators, and corporate professionals, leaving a lasting impression.

Workshop Leader

Interactive & Transformative: John Diggs leads workshops that are interactive, engaging, and designed to deliver tangible results.

Whether for students, faculty, corporate teams, or athletic programs, these sessions foster growth, collaboration, and long-term success.



Booking Information

Contact: John Diggs

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Social Media:

- **LinkedIn:** <https://www.linkedin.com/in/John-Diggs-Mappineer/>
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