



# NICHOLAS PARKS

*Professional Athlete, Motivational Speaker  
& Mental Development Coach*



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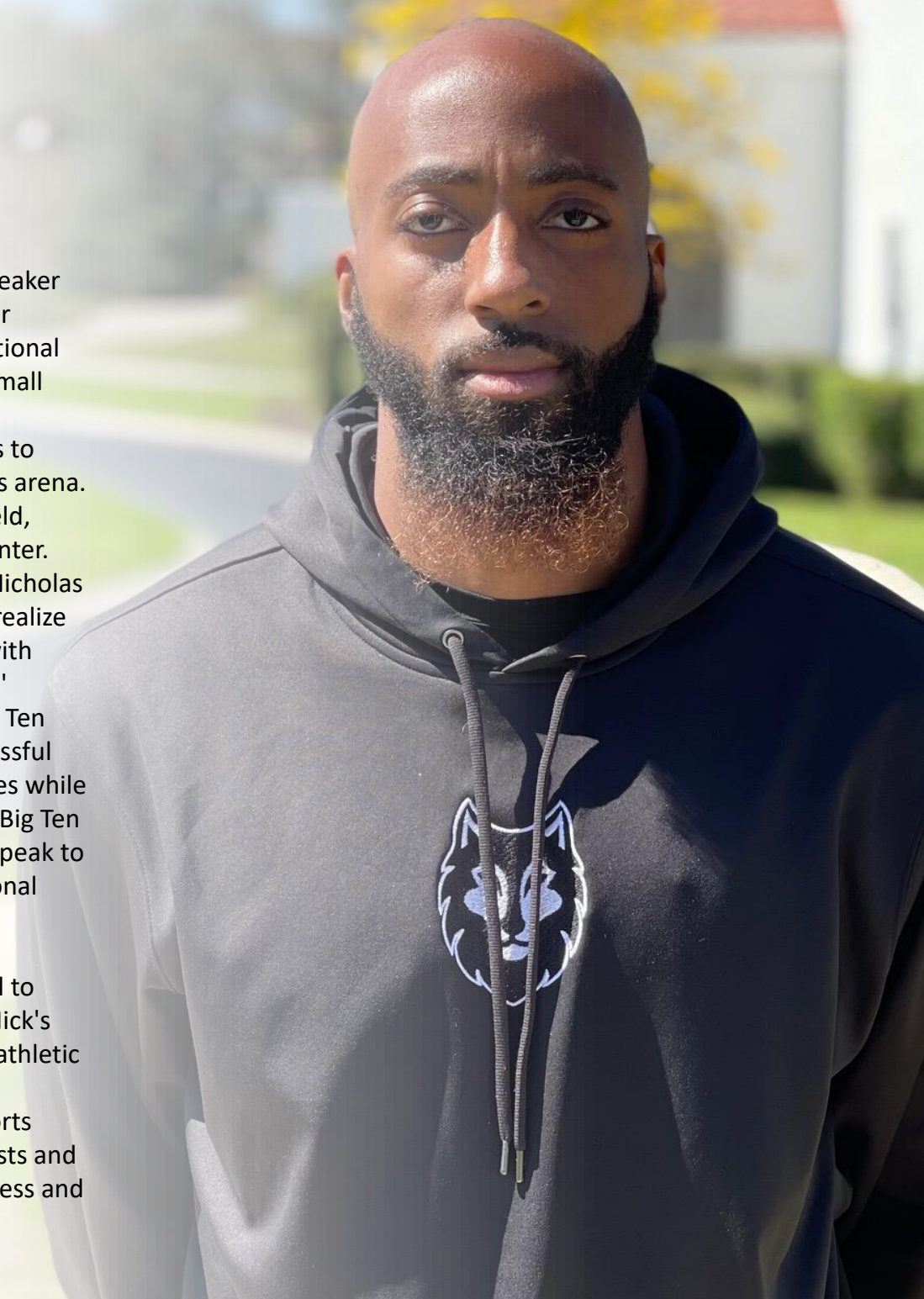


@lonelesswolf

# NICHOLAS PARKS

Nicholas Parks is a Professional Athlete in Track & Field, a culture speaker and mental development coach for high school, college, and transfer student-athletes. He holds an undergraduate degree BS in Organizational Leadership from Purdue University. He specializes in working with small groups and is an expert in identifying the best ways to reach them. Understanding their dynamic and tailoring communicative elements to elicit the desired result are hallmarks of his continued success in this arena. He empowers athletes to reach their full potential off and on the field, evidence of which is keenly observed in their walk after each encounter. By offering insight into the things they are most driven to achieve, Nicholas helps identify the impediments to their progress, allowing them to realize their maximum potential. Some of his past workouts he's worked with include; Olympic and World Champions and medalists at their fields' pinnacle. His D-1 coaching experience at Purdue also resulted in Big Ten Champions and NCAA finalists. Nick knows what it takes to be successful from high school to the professional level. Enduring two hip surgeries while going from the bottom half of the 400m in the Big Ten to 5th in the Big Ten and finishing 24th in the nation the very next year qualifies him to speak to your student-athletes with proven strategies that will result in personal success.

One on One meetings with high school students & athletes is critical to helping them navigate their successes and are an essential part of Nick's approach to championship training. Nick's specialized approach to athletic success, encompassing a wide swath of methods, techniques, and strategies, can be tailored to fit any audience. High School, local sports teams, college-level athletes D1-D3, Olympic hopefuls, prior medalists and up and coming athletes are all able to learn from the wealth of success and experience Nick brings to the field.





# SERVICES

- One-on-one meetings.
- How to take advantage of college as a student-athlete.
- Weekly meetings with athletes as a team.
- Parent 101 for supporting their Student Athlete.
- Team Building

## TOPICS:

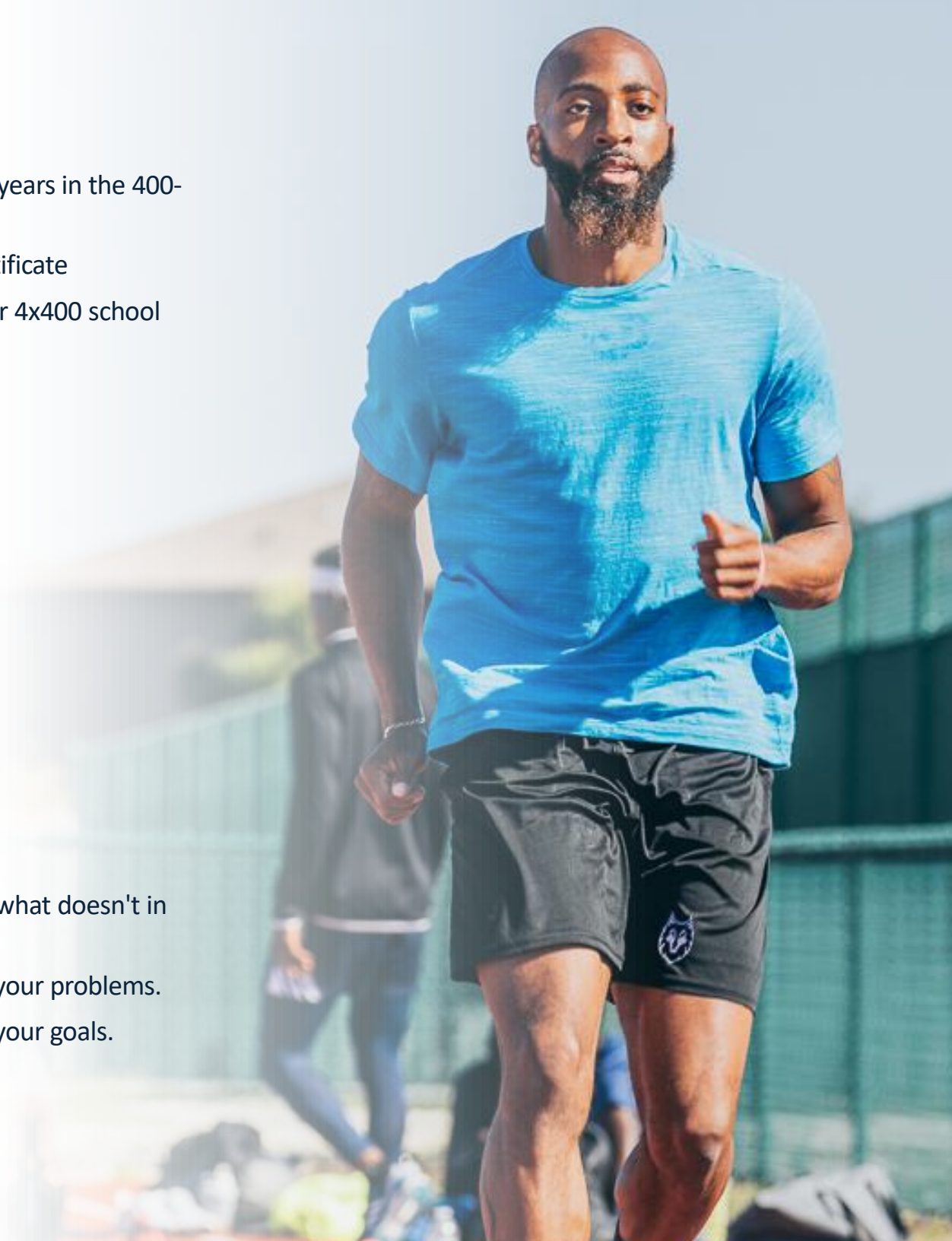
- Embracing Change (Breaking old chains, a record of 54 years)
- Persistence
- Commitment
- Focus (making athletes realize what's important and how to keep that),
- How to become a leader with actions first, then words.
- Laser Focus
- How to prepare your mind for competing & practicing.
- Identifying what needs to be done to accomplish goals.
- Adversity (Overcoming fear, doubt, and two hip surgeries)

# ACCOMPLISHMENTS

- School record holder after 54 years in the 400-meter dash.
- John Wooden Leadership Certificate
- A part of the indoor & outdoor 4x400 school records.
- Male MVP of the year.
- Male team Captain.
- 2x first-team All American.

## Results- Leaving with:

- Confidence in being yourself.
- A Role Model
- Identifying Purpose
- Leadership Qualities
- New level of Focus.
- Identifying what matters and what doesn't in your life.
- Having a game plan to attack your problems.
- Having a game plan to attack your goals.
- Inspired



A man with a beard and a black cap is running on a track. He is wearing a black t-shirt, black pants, and pink sneakers. He is holding a black baton or stick in his left hand. The background shows a chain-link fence and some trees. The image has a dark overlay.

*Fear is not an option  
when you're prepared.*

*~Nicholas Parks*



# CONTACT INFORMATION



**For Booking Inquiries:**  
**[lonelesswolf2@gmail.com](mailto:lonelesswolf2@gmail.com)**