



Lessons from an Olympic Gold Medalist Jessica Hardy Meichtry

JESSICA HARDY MEICHTRY:

BSN SWIMMING

- Olympic Gold and Bronze medalist (2012)
- Broke 12 world records
- 11-years on the US National Team
- Voted 3-time USA Captain by peers
- 28 total medals from major international competitions
- 4-time NCAA Champion
- 2-time National High School Swimmer of the Year





Olympians are normal people who have a **dream**.

We are willing to commit, to push past comfort zones, and **not give up** until we have a chance.



WAVE OF CONFUSION

40% of adults have struggled with
mental health and/or substance
abuse since the onset of COVID.

– CDC 2020

All you can ask of
yourself is to give your
best in **each moment!**

SPREAD YOUR WINGS!



BSN SPORTS™



The general understanding that
adversity is bad, is actually
counteractive to scientific research.

Happiness and **greater fulfillment**
can unquestionably come from
reacting to adversity quickly and
positively.

THANK YOU



BSN SPORTS™

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