

# PAUL R. WHITE

Director of The 1 of 5 Project, Fighter Pilot Instructor, Championship Winning Sports Coach, #1 Best Selling Author, Life Coach-Mentor, and Speaker

**MISSION STATEMENT:** IMPROVE your personal standard, IGNITE change with a champion's mindset, and INSPIRE others through your own actions.

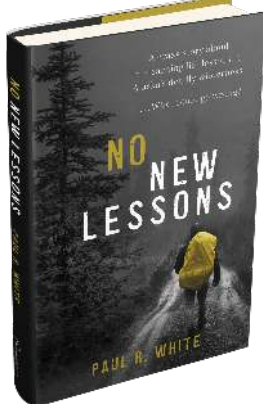
Paul "Roscoe" White teaches, mentors and influences men and women through proven techniques, tactics and procedures from intense experiences as a fighter pilot instructor, a championship-winning player and coach, a #1 Best Selling Author, and a life coach. Paul and The 1 of 5 Project will help you focus your efforts and control your journey.

Coaching areas: **Problem Solving, Goal Setting, Planning and Peak Performance.**

Over the years, Paul has studied and developed strategies to motivate people to be better versions of themselves via a fusion of hard work, positive attitudes and honorable character traits. Start with yourself. Become a champion. Change the world.



**#1 Best Seller**



**BRAND NEW BOOK**

**No New Lessons** is a riveting story of a hike I took in Alaska with two fighter pilot buddies. The entire epic is focused on planning, decision making, persistence and winning.

With high highs and low lows, the story highlights the mindset of relentless competition and determination to reach a goal.

The name '1 of 5' was inspired by Jim Rohn's quote: "You are the average of the five people you spend the most time with". But from someone else's perspective, you are one of their five. The 1 of 5 Project challenges you to look inward and seek self-improvement for your benefit and those around you. By focusing on the things that you can control and your own mind-body-soul balance, you can raise the standards of those around you as 1 of their 5.

Regardless of your starting point, The 1 of 5 Project will guide you to better decision-making, mental discipline, and physical well-being to improve your own personal standard and increase everyone's average.



## How I can Serve You, Your Audience, and Speaking Topics

- How to Inspect, Invest and Improve Your Life
- Move from "I Can't" to "I Will!"
- Get Into Championship-Winning Gameday Mode
- Plan, Execute, Debrief a Goal
- How to Silence Your Inner-Quitter
- Inspire Others Through Action
- Capture and Apply Lessons Learned
- Develop a Champion's Mindset

### KEYNOTE

**Becoming a Champion of your Own Life.**



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