

# 1



# 1

PAUL WHITE  
"ROSCOE"

Paul "Roscoe" White teaches, mentors and influences managers and teams through proven techniques, tactics and procedures from intense experiences as a fighter pilot instructor, a championship-winning player and coach, and #1 Best Selling Author. Paul and The 1 of 5 Project will make your team elite by mastering **Problem Solving, Goal Setting, Planning and Peak Performance**.

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.



@paulroscoewhite



Paul "Roscoe" White



[www.paulroscoewhite.com](http://www.paulroscoewhite.com)

---

PAUL.ROSCOE.WHITE@GMAIL.COM  
PHOENIX, AZ

---

# **1** PAUL “Roscoe” WHITE

## Be the **1**

The 1 of 5 Project 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 elevate 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.

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

## KEYNOTE

**Becoming a Champion of your Own Life: How Confidence, Desire, and Discipline can create a champion’s mindset.**

Competition is the cure for complacency. In today’s world, individuals and teams are under a tremendous amount of pressure to perform at optimal levels and bring success up and down the chain. How do you build an elite team that can sustain peak performance over a range of modalities and functions?

In this keynote, Roscoe delivers strategies and tactics to elevate teams to elite levels by focusing on individual excellence and performance. Just like a champion sports team, teams must be built with a results-oriented vision,. Ultimately, members must be willing and capable of seeing the shared vision and committing to excellence in their everyday tasks.

Paul shares his story of success and failure in a fighter jet at 500 knots, on a championship football field, and at home. Being part of top performing teams, as a member, coach, instructor and mission commander, has helped Paul nail down what it takes to operate at champion levels.

Team success starts and ends at the individual level. Everyone from the CEO to the mail clerk must know and understand their roles, and they must max perform those roles every day to get to the top of the podium. Paul paints a vivid picture of how focusing on improving and sustaining your personal standard leads to team wins.

If you are ready to take your team to the next level, Paul shares the tips and tricks needed a fun, high-energy, anecdotal manner.



## **1** Serving Your Audience Workshop Topics

- How to Inspect, Invest and Improve Your Life
- Move from “I Can’t” to “I Will!”
- Get Into Championship-Winning Gameday Mode
- Plan, Communicate, Execute, Debrief a Goal
- How to Silence Your Inner-Quitter
- Inspire Others Through Action
- Develop a Champion’s Mindset

## **1** SERVICES

**Keynotes, Workshops, One-on-one fireside chats, live Q & As, virtual engagements, panels. If you have another idea, contact us and let’s talk about it.**

### DETAILS AND RATES

[Paul.roscoe.white@gmail.com](mailto:Paul.roscoe.white@gmail.com)

[The1of5Project@gmail.com](mailto:The1of5Project@gmail.com)