



## Trent Shelton

**AUTHOR · INFLUENCER · SPORTS PERSONALITY**

Former NFL Player, 2X Best Selling Author, Motivational Speaker

Trent Shelton, a renowned Mindset Specialist and Self Worth Mentor, has left an indelible mark on his generation. As a former NFL player, he discovered his true calling: inspiring others to achieve their full potential with a Championship Mindset. He travels the world, delivering powerful messages brimming with wisdom and courage to inspire audiences. Trent is also the author of 'The Greatest You' and 'Straight Up' and hosts the popular podcast 'Straight Up! with Trent Shelton.'

### Trent Shelton's 2026 Biography

#### Trent Shelton - Mindset Specialist, Champion of Self-Worth, and Business Transformation Speaker

Trent Shelton is a globally renowned motivational speaker, former NFL wide receiver, and bestselling author recognised for his transformative impact on personal growth and organizational performance. As the founder of RehabTime and host of the top podcast "Straight Up! with Trent Shelton," he inspires millions each week with authentic messages that spark real change and equip audiences to reach their fullest potential.

Known for his high-energy delivery and captivating storytelling, Trent Shelton turns personal trials into universal lessons on resilience, accountability, and mindset. His story-transitioning from a professional athlete whose NFL career ended prematurely to a leader in personal development-is a testament to the power of reinvention. Trent's messages have generated over a billion video views and reach more than 60 million people across platforms every week.

#### Solving Real Business Challenges

Trent Shelton helps organizations and teams overcome today's key business hurdles, such as:

- Building emotional resilience to navigate constant change and challenge
- Driving personal accountability for lasting performance improvement
- Developing a championship mindset for growth and innovation
- Breaking through limiting beliefs that hold teams or individuals back
- Elevating self-worth to unlock productivity and collaboration
- Fostering corporate cultures of ownership, trust, and alignment
- Creating lasting personal and professional transformation, not just

#### AVAILABLE FOR

- Speaking

#### TRENT'S SPEAKING THEMES

- Leadership

#### LANGUAGES: English

motivation

Through results-focused keynotes and workshops, Trent empowers businesses to move beyond short-term motivation and facilitate deep, actionable change. He equips audiences to:

- Perform at their highest levels by embracing accountability, discipline, and consistency
- Transform setbacks and failures into opportunities for learning and growth
- Overcome toxic environments and resistance to change within organizations
- Align individual purpose with organizational goals to drive engagement and outcomes
- Build strong personal brands and expand their influence through social media

### **Meet Trent Shelton**

Trent Shelton is a former NFL wide receiver and author of *The Greatest You: Face Reality, Release Negativity, and Live Your Purpose*. Considered as one of the most impactful speakers of this generation, he reaches over 60 million people weekly through hard hitting videos and unprecedented engagement. His most recent release, *Straight Up: Honest, Unfiltered, As-Real-As-I-Can-Put-It Advice for Life's Biggest Challenges*, shares the missteps he made growing up and the hard-won lessons he learned in short, easy-to read chapters and thought-provoking questions.

Throughout, he provides honest advice to help you find a way through some of the most confusing topics in your own life, including: relationships, friendships, fear and depression, and your past trauma.

While Trent seemingly achieved his childhood dream, the former NFL player's career ended prematurely, inevitably giving him the space and determination to reevaluate his values and life's purpose.

As a way to hold himself accountable, Trent picked up his mobile phone and began recording two-minute video segments of his daily progress and posting them onto social media - with the hashtag #RehabTime. The engaging, hard-hitting, yet always uplifting messages resonated with millions around the globe. In the years that followed, Trent founded the RehabTime Organization, a Christian-based 501(c)3 nonprofit with a mission to serve a worldwide community by uplifting, empowering and demonstrating that change starts from within - through the development of faith, mindset, self-care, relationship building and leadership.

## **Trent Shelton's 2026 talks & topics**

### **Inspiration**

Trent can provide attendees with steps to becoming the best hope-filled versions of themselves, by facing the reality of circumstances, realizing life's purpose, breaking free from toxic environments, forgiving others, turning your pain/failures into your power and guarding against the pitfalls of life. His

speeches are raw and real, full of passion, high energy and humor.

Weaving together personal stories from his own life and from others who have also gone through hard times, Trent reveals how to bring out your best and establish a happier, more fulfilled future for generations to come.

**Takeaways include:**

- Skills & tools to allow attendees to perform at their highest level
- Staying accountable, consistent and actually making lasting shifts in life
- Mindset required to take life and income to that next level

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**Championship Mindset: Strengths to Overcome Anything**

In this talk, Trent shares his trademark inspirational approach to change and resilience, sharing an outline that can be tried, measured and strengthened over time.

**Commitment** – Will you show up? Will you remain loyal and accountable long after the feeling of motivation has left. Identify your unwavering “why” and develop a deeper meaning...purpose is who you are.

**Building Emotional Resilience** – Recognize facts over feelings by understanding what the struggle produces. Change the narrative; we are always in control of how we define a circumstance. Quitting is not an option.

**Discipline** – Become legendary at the things that don’t get you a “yes”. Ask yourself where that bridge is taking you – to a better you, the greatest you or a lesser you. Protecting your peace; set boundaries.

**Consistency** – Success depends on world class consistency, not world class talent – think reliability and trustworthiness.

**Faith** – The only impossibilities that exist are the ones you create. Give yourself permission to fail; fall in love with progression, not perfection. Visualize the environment. Remind yourself of your greatness.

**Heart** – Live with the result of failing than not trying. Your perspective can be your power or your prison.

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**Personal Brand Building**

Trent’s engaging, hard-hitting and uplifting messages reach a weekly online audience of 60 million plus and have garnered over 1 billion video views to date. He’s poised to share insight on building your network, creating a lasting platform and growing your business via social media.

Trent’s talks are perfect for: Multi-Level Marketing & Direct Seller companies, Public events, Colleges, Faith-based events

**Trent Shelton's Videos**



## What Trent Shelton's clients say

Trent Shelton is one of the most authentic and powerful voices in personal development today. In *The Greatest You*, he uses real-life truth telling to take readers on a deeper dive into how they can become a better version of themselves, and he provides the tactical steps to let go of behaviors that no longer serve them. If you want to become the best you, but are unsure how to get there, start here.

**Rachel Hollis**

*#1 New York Times Bestselling Author*

Trent Shelton's message of hope, betterment, and self-love reaches hearts worldwide, inspiring us to never give up. Trent's *The Greatest You* dives deeper to show us that the real obstacles are our choices and he teaches us how to conquer our struggles daily to become better.

**John C Maxwell**

*Author*

If you ever struggled to deal with your past or find your true purpose, then *The Greatest You* is going to change your life. Trent Shelton - one of the most inspiring teachers alive today - has written a playbook for letting go of the pain, protecting your peace, creating great relationships, and growing into your best self.

**Brendon Burchard**

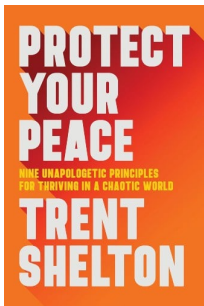
*#1 New York Times Bestselling Author*

With so much noise and distraction in today's crazy-busy world, you need a voice that stands out, reaches into your soul, and gives you the answers and the tools to overcome your challenges and achieve more. Trent Shelton is that voice and with his heart of gold he created the must-read book of the year. Don't think, just read!

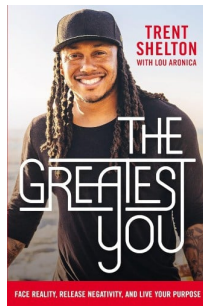
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*#1 New York Times Bestselling Author*

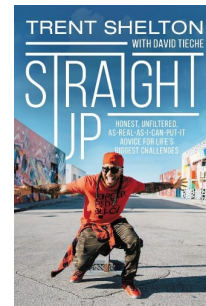
## TRENT'S LATEST BOOKS



**Protect Your Peace: Nine Unapologetic Principles for Thriving in a Chaotic World**



**The Greatest You: Face Reality, Release Negativity, and Live Your Purpose**



**Straight Up: Honest, Unfiltered, As-Real-As-I-Can-Put-It Advice for Life's Biggest Challenges**