

SIRI LINDLEY

Speaker. Author. World Champion Coach and Life Coach

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Siri Lindley
2001 - Present

Surfacing: From the Depths of
Self-Doubt to Winning Big and
Living Fearlessly
2000 - Present

Sirius Athletes Inc.
2002 - Present

WORK HISTORY

Speaker

I was the MOST UNLIKELY person to become a Triathlon World Champion and had everything stacked against me. But I had this deep, burning, desire to be the best in the world in a sport about which I was so passionate. Nothing was going to stop me from making this dream come true. I was riddled with self doubt, fear, and anxiety but found a way to break through all of this and become the athlete I dreamed of being! I learned so many incredibly valuable lessons along the way. I use all my experiences, all my knowledge and my insight to train my athletes to become not only world champion athletes, but also world champion people. My Story, My self-discovery, My evolution. Creating strength from struggle and learning to live my life from a place of Love, not fear, is such a powerful one: a story that can relate to business, family and all aspects of life! It is my mission to share my message, as I know it can positively influence so many on multiple different levels!!!

WORK HISTORY

AUTHOR

VeloPress 2016.

How Bad Do You Want It? by matt fitzgerald
The Woman Triathlete -Christina Gandolfo

Columnist, guest writer for the following publications:

Women's Health
Men's Health
Triathlete
Lava
Australian Triathlete: regular columnist. Sirius Musings
220magazine
USA Triathlon magazine
Triathlon Canada magazine
Triathlon World
Competitor Magazine
Oprah Magazine
Outside Magazine
Associated Press
303 Triathlon
Slowtwitch.com

Owner and Head Coach

I am in the business of changing lives and making dreams come true.

Believe Ranch and Rescue. Not for Profit. 501c3. Boulder, CO.
2017 - Present

NBC Olympics. ESPN. FoxSports. CBS
2003 - 2010

Siri Lindley
2014 - Present

I try to find ways to stimulate and encourage others to step out of their comfort zones in order to recognize and realize their ultimate potential, enabling them to achieve all new levels of performance in life and in sport.

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My mission is to positively influence others, to help empower them by connecting them to their greatest strengths. I strive to help others by guiding them to their hearts, their passion and their mission. I urge them to live life from a place of love and not fear and to find the courage, the strength and the ability to create the extraordinary lives they dream of!!

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Co-President: Believe Ranch and Rescue

Boulder, Co. Rescuing Dogs and Horses from the most dire circumstances. Connecting humans with these beautiful souls and teaching leadership, responsibility, and self-awareness. Animal Services and Human Services in a loving, caring, passionate environment.

Animals have rescued me throughout my entire life. They have brought me the ultimate in unconditional love, loyalty, and patience. I have learned some of my greatest life lessons through my animals. They live with such appreciation for all the little things. such gratitude and all love. I want to save dogs from the most dire of circumstances: euthanasia, and I want to save horses from the same fate, mainly being saved from slaughterhouses. We will provide these animals an escape route, then the medical care they need. We then will provide them with food, shelter and LOVE. We will train them so that they can have every opportunity to find a loving, forever home.

Color Commentator

NBC Sports:

Olympic Games: 2004 Athens

2008 Beijing

Color commentator for Triathlon Mens/Womens and Field hockey

Associated Press: the.honoluluadvertiser.com/article/2004/Jun/25/il/il12a.html

ESPN.com

one example: http://www.espn.com/sports/endurance/story/_/id/9801037/endurance-sports-100-things-know-ironman-world-championship

TV:

Olympic Broadcasts:

2004 Athens with Al Trautwig

2008 Beijing with Ted Robinson

Lifetime Fitness Triathlon Color Commentator with Ted Robinson 2004,2005,2006

Hyvee Triathlon Color Commentator 2007,2008,2009

Fox Sports

Espn

CBS

Results Coaching

Help people create the lives they dream of. Learn how to break limiting patterns, so that you can tap into your full potential. Be the best that you can be in life, love and career.

SIRI' S TARGET AUDIENCE?

My target audience: anyone eager to learn the tools to being the best that they can be in life!

How to make the Impossible, Possible!!

Overcoming obstacles and WINNING BIG!

Understanding that there is winning and learning (not losing).

The psychology of high performance. In Sports and in Business!

Bringing out the best in your athletes, your workers, your team and yourself.

If you are a business leader or a CEO of a company , have Siri not only help you tap into your own potential but also help you to bring out the best in all those around you!!

Living authentically!

How being ALL of who you are will lead to richer and deeper relationships, as well as more opportunities , and will make you better able to achieve all your dreams!

EDUCATION

BROWN UNIVERSITY Class of 1991: Psychology B.A

Varsity Field Hockey, Ice Hockey and Lacrosse. Captain Lacrosse team.

Brown University Hall of Fame class of 2007.

MEDIA

Siri Lindley was a guest on the Tony Robbins Podcast in August 2016. This podcast has been the most downloaded episode of Tony's series. With 1.3million downloads since 8/16.

Tony Robbins:

<https://www.tonyrobbins.com/podcast/letting-go-fear/>

Other notable podcast appearances:

Why Not Now?- with Amy Jo Martin

<https://itunes.apple.com/us/podcast/why-not-now-with-amy-jo-martin/id1151555311?mt=2&i=1000386244400>

OPRAH:

<http://www.oprah.com/inspiration/tony-robbins-podcast-siri-lindley-overcoming-fear>

Bill Carmody: Inc Magazine

<https://www.youtube.com/watch?v=i4tpd265nsE&feature=youtu.be>

<http://www.inc.com/bill-carmody/siri-lindley-on-how-to-overcome-any-obstacle.html>

<https://www.youtube.com/watch?v=72XJTwwi8vk> UPW Tony Robbins Siri Lindley and Rebekah Keat

<https://www.youtube.com/watch?v=7uK7jg30yJA> UNLEASHED Siri Lindley and Rebekah Keat

<http://nicoledeboom.com/41-siri-lindley-world-champion-person-on-getting-out-of-your-head-and-into-your-heart/>

Sports Coach Radio:

<https://player.fm/series/sportscoachradio/sirius-triathlon-coach-siri-lindley-shows-her-tough-tender-sides>

<https://itunes.apple.com/us/podcast/sportscoachradio/id563236556?mt=2>

Run this World podcast:

<https://itunes.apple.com/us/podcast/run-this-world-nicole-deboom/id1093133656?mt=2>

Cup of Tri: UK

<http://www.oxygenaddict.com/podcast/2016/5/3/cup-of-tri-triathlon-podcast-71-siri-lindley>

WISP sports:

<http://www.wispsports.com/womens-sports-podcasts-featuring-elite-women-athletes/wisp-ironwomen/wisp-ironwomen-s2e1-sara-gross-karen-thibodeau-siri-lindley/>

Lost in Transition:

<http://www.stitcher.com/podcast/lost-in-transition-triathlon-podcast/e/coach-siri-lindley-talks-life-and-career-in-surfacing-48483083>

IM TALK:

<https://www.velopress.com/imtalk-podcast-siri-lindley/>

Legends of Triathlon:
<http://www.legendsoftriathlon.com/home/2016/10/31/legends-of-triathlon-50-siri-lindley.html>

Competitor Radio:
<http://www.podcasts.com/competitor-radio/episode/siri-lindley>

TRS RADIO:
<http://podtail.com/podcast/trs-radio-triathlon-interviews-comedy-opini/trs71-siri-lindley/>

Triathlon Research:
<http://triathlonresearch.org/blog/episode-028-siri-lindley-right-coaches-right-athletes-2/>

Chocolate Milk commercial:

Fitter Radio:
https://www.iheart.com/show/263-Fitter-Radio-Triathlon-En/?episode_id=27666653

*Yogi Triathlete:
<http://yogitriathlete.com/ytp-39-siri-lindley-on-high-performance-triathlon-coaching-creating-the-life-you-dream-of/>

Endurance Hour:
www.endurancehour.com/sirilindley

Biestmilch.com
<https://www.biestmilch.com/blog/2014/09/17/siri-lindley-about-performance-limits-of-women-in-sports/>

Outspoken Cyclist
<http://outspokencyclist.com/2016/12/show-324-december-3-2016/>

First off the Bike
<http://firstoffthebike.com/triathletes/interviews/the-lightning-round-with-siri-lindley/>

Endurance hour
http://www.ivoox.com/endurance-hour-136-ben-greenfield-mirinda-carfrae-siri-audios-mp3_rf_5742658_1.html

USAT Hall of Fame Induction 2016
https://www.youtube.com/watch?v=o_Xdk4VuIM8

Brown University
http://www.brownbears.com/landing/alumni_profiles/2015-16/Siri_Lindley