



OVERCOME



**Word count: 205**

Jason Redman is a retired U.S. Navy Lieutenant who spent 11 years as an enlisted Navy SEAL and almost 10 years as a SEAL officer. He was awarded the Bronze Star with Valor, the Purple Heart, the Defense Meritorious Service Medal, the Navy Commendation Medal, the Joint Service Achievement Medal, five Navy Achievement Medals, two Combat Action Ribbons and the U.S. Army Ranger Tab.

After being severely wounded in Iraq in 2007, Redman returned to active duty before retiring in 2013.

In 2013 he launched a speaking and consulting company which focuses on inspirational presentations on leadership, teamwork and the “Overcome Mindset,” helping individuals, companies and teams to “Get off the X”™ from what he refers to as “life ambushes.” In addition, Redman provides workshops, online programs, executive coaching and business consulting to businesses around the world and group coaching through his Get off the X™ training and Overcome Army™ coaching programs.

Redman is the author of the *New York Times* bestselling memoir “The Trident: The Forging and Reforging of a Navy SEAL Leader” and Amazon bestsellers “Overcome: Crush Adversity With the Leadership Techniques of America’s Toughest Warriors” (2019) and the *Pointman Planner* guided, motivational productivity journal (2021). He lives with his family in Virginia.