

Connor Fields is a three-time Olympian, two-time World Champion, and the first American to win Olympic BMX Gold. At the 2021 Tokyo Games, he suffered a severe crash resulting in life-threatening injuries, requiring extensive rehabilitation.

Connor emphasized focus on resilience and gained new appreciation for the importance of mental health through his recovery. He is now a keynote speaker, the host of PBS's "Outdoor Nevada," and an NBC sports BMX commentator. His inspiring story has been featured on The Today Show, Sports Illustrated, and in Vanity Fair.

Connor motivates audiences with his journey of recovery, peak performance strategies, and the powerful message emphasizing the importance of even the smallest decision.