

Available for Interview

Contact the office for scheduling: Kim Wittman (864) 977-1977 kim@getwarriortough.com

Former Federal Agent in Charge Reveals Insider Secrets

Leadership expert and author of *Ground Zero Leadership: CEO of You* reveals insider secrets about STRESS CONTROL and CONFLICT MANAGEMENT that even the HIGHEST levels of LEADERSHIP don't know!

1. Your boss is NOT your boss.
2. Truth is NOT the same as Fact.
3. You CAN'T give anyone anything you DON'T have.
4. What you do is NOT who you are.
5. YOU are the problem, and you are the solution.

The birth of stress is the PERCEIVED lack of influence and control. Science has proven that people who perceive they are under the pressure of high demands while having little control over the situation have an increased risk for cardiovascular disease and other stress related illnesses.

The problems of weak leadership add to our stress, anxiety, frustration, anger, worry, and depression, and it is literally killing us. Learn the skills that could save your life.

Ground Zero Leadership teaches you the skills you need to become "CEO of You" and harden your shield against the daily onslaught of stress.

Your audience wants to know

- How to defeat the negative effects of stress
- How to take control of your thoughts, feelings, and attitudes, especially under pressure
- How to deploy your emotions to resolve conflict instead of escalating it
- How to calm the storms of life
- How to keep fear from hijacking your brain

Consider these facts:

- Most heart attacks occur around 9AM on Monday mornings
- 80% of all visits to doctors' offices are stress-related
- At least 50% of all deaths in the U.S. are caused by cardiovascular diseases in which stress is a significant contributor
- Cholesterol levels in the bloodstream rise during periods of stress
- At least 30 million Americans have stress-related high blood pressure and some estimates place that number as high as 80 million
- There are 100 million headache sufferers in the U.S. and is the NUMBER 1 complaint seen by physicians. 80% of those are tension headaches, and even Migraines are often triggered by stress and tension.
- 50 million Americans suffer from chronic pain and lower back pain accounts for ½ of that number. Negative emotions and stress are shown to aggravate and cause acute pain to develop into chronic pain – with the stress hormone ACTH impeding endorphin production in the body
- Stress is a major factor in the development of anxiety, panic attacks, depression and aggression
- More than 30 million of us suffer from insomnia and sales of sleep aids are second only to pain relievers
- An estimated 24 million Americans use drugs to cope with stress
- As frustration-tolerance decreases, individuals are more likely to misattribute the source of their stress and blame others, especially family members.



Andrew D. Wittman, PhD has been teaching Leadership and Mental Toughness for over 25 years.

Andrew is a United States Marine Corps infantry combat veteran and a former police officer and federal agent. As a security contractor for the State Department, Andrew taught high-threat diplomatic security to former Navy SEALs, Marines, Rangers, and Special Forces.

Andrew was the Special Agent in Charge of Nancy Pelosi's security detail, and Joe Lieberman's lead advance agent, and he has personally protected Hillary Clinton, King Abdullah of Jordan, Benjamin Netanyahu, the Prime Minister of Israel, Fortune 20 CEOs and Sir Elton John.

Andrew having returned from working in Afghanistan, the Middle East, and Kosovo, speaks/trains/consults for corporations worldwide, is a guest lecturer on the topics of Mental Toughness and Critical Thinking at Clemson University, co-hosts the national radio call-in show "Get Warrior Tough", and holds a Ph.D. in Theological Studies.

Sample interview questions

- You reveal 5 secrets even the highest levels of leadership don't know. They seem to be doing pretty well, so how do they not know these things? **(Takes 60 seconds to answer)**
- Your first secret is that my boss is not really my boss, have you ever held a job? **(90 seconds)**
- What is the difference between truth and fact? **(60 seconds)**
- You say that you can't give anyone anything you don't have. What do you mean by that? **(60 seconds)**
- What can you tell us about conflict management that the highest levels of leadership don't know? **(60 seconds)**
- I think people will agree that what you do is not who you are, but what's the secret about that we *don't* know? **(60 seconds)**
- You make a pretty bold statement with "You are the problem, and you are the solution." How do people typically respond to that? **(60 seconds)**
- You've been teaching mental toughness for almost 30 years, what is that and why that? **(60 seconds)**
- Why did you write the book Ground Zero Leadership: CEO of You? **(90 seconds)**
- You say in your book that working on our weaknesses is a complete waste of time. Shouldn't we work to be better? **(90 seconds)**
- How is it that we can calm the storms of life? You say it's simple and anyone can do this, how can we do it? **(90 seconds)**
- How can we take control of our thoughts, feelings and attitudes...? Especially under pressure? **(90 seconds)**
- How can we keep fear from hijacking our brains? **(60 seconds)**
- How can we drive past worry, doubts and fears? **(60 seconds)**
- What are the 5 easy ways to fight anxiety/depression/stress without drugs? **(45 seconds)**
- What are the top 10 thoughts you say we should never think? **(30 seconds)**

Controversies

- YOU are the problem, and you are the solution
- Willpower will get you NOWHERE
- Working on your weaknesses is a WASTE of time
- Most people think they know how to handle stress, but they're dead wrong.
- Most people think military or law enforcement suffer the most from stress, but they DON'T.
- Most people believe they're choosing a political candidate consciously, but they're NOT!
- People love to HATE more than they love to LOVE.