DOUGLAS HAMP

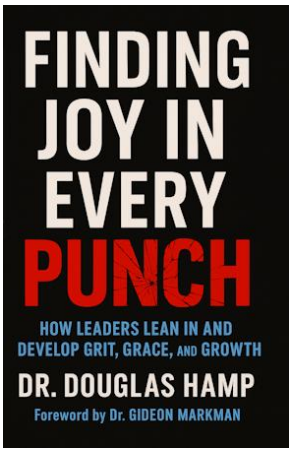
Resilience Coach • International Speaker • Author of Finding Joy in Every Punch

Dr. Douglas Hamp is not your average leadership speaker. With a PhD in Linguistics and Theology, a black belt in Krav Maga, and two decades of experience leading through crisis, Doug delivers a transformative keynote that blends street-smart grit with scholarly insight—and just enough humor to keep your audience laughing while learning. Whether he's breaking down neuroscience or getting punched in the face (literally), Doug shows leaders how to thrive under pressure by embracing the J.O.Y. Framework:

- **J – Just Relax:** Cultivate composure under fire.
- **– Offer Kindness:** Lead with empathy without losing authority.
- **Y – Yield to Connection:** Foster authentic trust and long-term influence.

SIGNATURE KEYNOTE
"Finding Joy in Every Punch: How to Lead with Grit, Grace, and Growth Under Pressure"

A dynamic 30–60 minute keynote designed for high-performing executives, entrepreneurs, and change-makers who are tired of burnout and hungry for purpose. Expect unforgettable stories, punchy insights, and actionable tools grounded in neuroscience, martial arts, and modern leadership.



Audience Takeaways:

- Transform stress into strategic advantage
- Harness calm as a leadership multiplier
- Build grit-positive cultures where trust thrives
- Lead without losing your mind—or your joy

RAVE REVIEWS

"Doug Hamp delivers a rare blend of heart, humor, and hard-won wisdom… This isn't just about surviving pressure—it's about transforming it into growth, connection, and joy**."** ***— Brad Montgomery, Professional Speaker***

"Douglas Hamp's martial arts approach to leadership is refreshingly practical." ***– Marty Dickinson, President, Here Next Year, LLC, Denver, CO***

"Doug's message isn't just inspiring—it's proven in real life: pressure isn't your enemy; it's your proving ground" ***— Tim Taylor, Founder & CEO, Vyla Inc., Rancho Mission Viejo, CA***

BOOKING DETAILS

- Formats: Keynotes, breakout sessions, virtual events, leadership retreats
- Ideal Audiences: Business leaders, entrepreneurs, executive teams, educators, non-profits
- Customization: Every talk is tailored to your theme and audience needs

CONTACT & MEDIA

📍 **Location:** Denver, CO (Available Worldwide)
🌐 **Web:** www.JoyinEveryPunch.com
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📘 **Book ISBN:** 979-8-89965-209-7 (Print)

BONUS RESOURCE:
Every keynote includes a digital handout or team workbook excerpt to reinforce learning beyond the event.