



SPEAKER SHEET

Guy Valentino

Talks for rooms full of people who are very good at looking fine.

TALKS

- The Alibi of Achievement
- The Fumes We Pass Forward
- The Practice After the Ashes

WHO'S TALKING

- U.S. Marine Corps, July 1996 to June 2006. Infantry sergeant and platoon guide, Alpha Company, 1st Battalion, 5th Marines.
- Led patrols in Ramadi, Iraq, in 2005.
- Navy and Marine Corps Achievement Medal with Combat "V." Combat Action Ribbon.
- Founded and coached CrossFit Rev40, Farmers Branch, Texas, March 2019 to January 2025. Led more than 20 workshops and events there on mind, body, and soul, including fitness, mental health, faith, meditation, and breathing.
- University of Oklahoma, 2003: addressed the graduating class of Navy midshipmen commissioning as Navy and Marine Corps officers. Congressman Tom Cole attended.
- Former Guinness World Record holder, most pull-ups in 24 hours. Times Square, Veterans Day 2015. The record has since been broken. The Guinness certificate was presented live on *Fox & Friends*, November 12, 2015.
- Arnold Classic, 2018: a talk on depression, and on helping veterans get active to overcome it.
- Panel speaker, Clever Talks 2018: Made in America, San Diego Marriott Marquis. Shared the bill with Jocko Willink and Tim Kennedy.
- Author of the memoir *Ashes Still Sing: A Marine's Reckoning*, complete and seeking a publisher. Songwriter. Father of two daughters.

Book a talk: speaking@theguyvalentino.com · theguyvalentino.com/speaking