



# Anthony Griggs

**NFL Alum**

**Motivational Speaker**

**Development Coach**

**Former Director of Player Development,  
Pittsburgh Steelers**

*"Start each day, and play each game, with appreciation and gratitude"*

*-Anthony Griggs*

## Speaking Topics Include

- **Life's A Sport, Train For It!**
- **Focus. Practice. Succeed.**
- **Life After The NFL**

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We are all storytellers.  
Invite our speakers to  
share their stories  
with you.



# Let us tell you **Anthony Grigg's** story

An NFL linebacker can certainly teach **endurance and speed** but would you expect that same linebacker to teach some of the most fundamental life lessons any business can leverage? That's exactly what you get when inviting Anthony Griggs to share his story.

Griggs spent decades in and around football, from playing at Ohio State and Villanova University to spending six years in the NFL with the Philadelphia Eagles and Cleveland Browns. Following his playing days, Anthony proudly joined the Pittsburgh Steelers. His career with the Steelers began as their Assistant Strength and Conditioning Coach, followed by 13 years as the organizations Director of Player Development.

But there's an argument to be made that despite his strong background in football, he's made a much bigger impact off the gridiron. That's because **Griggs has spent more than a decade educating** everyone, from HR executives to high school players, about the six fundamental skills that translate from football to personal and professional development.

Grigg's lives by the motto *Life's a Sport, Train for It*. You can see that motto reflected in each of his six fundamental aspects of athletic and professional development: skill, endurance, speed, conditioning, diet and rest.

Grigg's has the **unique ability to translate these concepts into relatable stories** for every audience he speaks with, regardless of age or profession. He did the same during his time with the Steelers, where he was responsible for the continuing education, career development, and financial/business management seminars for their active players. Now, he brings these lessons to organizations who are ready to teach its members how to win and win consistently.

Anthony Griggs has spent decades training, teaching and motivating some of the best players in the NFL. Now it's your turn to bring Anthony Griggs to your playing field.



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