



BOOK
**PETE
FRY**

AND CREATE
**POWERFUL
MINDS**

IN YOUR ORGANIZATION

A white handwritten signature of Pete FRY.

MEDIA KIT 2025



Pete Fry isn't just another motivational speaker.

He's a celebrity in the world of high-performance mindset training, working with NHL goaltenders and elite athletes worldwide to **master peak performance** under extreme pressure. If Pete can elevate the performance of NHL goaltenders—widely regarded as having one of the most demanding roles in sports—he can bring that same level of transformation to your team, helping them excel and deliver results under the toughest conditions.

As a former professional goaltender drafted by the New Jersey Devils, Pete learned firsthand that **mental strength is the key to success in sports, business, and life**. Today, he's a high-energy, transformative speaker who coaches Olympians, NHL players, Fortune 500 executives, and high achievers on the art of resilience, focus, and total confidence.

Book Pete Fry to **inspire, engage, and empower your audience** to tap into the same mindset tools used by the world's top athletes and peak performers.

DISCOVER THE PHYSIOLOGY OF CONFIDENCE

Many Professionals and Entrepreneurs struggle with:

❑ **Self-Doubt + Lack of Confidence:**

Feeling uncertain and hesitating in high-pressure situations

❑ **Burnout and Stress:**

Feeling overwhelmed, stuck and mentally exhausted

❑ **Fear of Failure:**

Holding back from taking action

❑ **Inconsistent Performance:**

Performing well one day and struggling the next due to mindset challenges

❑ **Distractions and Poor Focus:**

Struggling to stay locked in on goals and priorities



PETE FRY

helps **individuals** and **teams**
break through these barriers
with **actionable strategies.**

TOPICS AND TAKEAWAYS

01

UNSHAKEABLE CONFIDENCE:

Learn how to instantly shift into peak confidence using physiology and mental conditioning so you perform at your best under any circumstances.

02

THE POWER OF VISUALIZATION:

Discover how to use mental imagery to manifest success, gain clarity on your goals, and program your mind like the world's top athletes.

03

ELITE FOCUS AND PRODUCTIVITY:

Master the ability to eliminate distractions, train your mind to stay locked in, and apply pro-level focus strategies to maximize performance.

04

BOUNCING BACK FROM ADVERSITY:

Learn how to turn setbacks into fuel for unstoppable success and build the resilience of elite performers who thrive under pressure.

05

FAIL FORWARD FAST

Overcome the fear of failure, take massive action, and use failure as a stepping stone for rapid success and personal growth.

UNDENIABLE RESULTS



SPORTSNET

msn

THE SUN TIMES

**FOX
SPORTS**

FEATURED IN

**HOCKEY
CANADA
NIGHT**

INGOAL

WSJ

THE STAR

The New York Times



The Gazette

The Athletic

““““

The difference in my performance since working with Pete is that my game looks more confident. I don't really get surprised and I feel like I am always prepared for anything.

- Jakub Dobeš
NHL Goaltender



““““

Working with Peter Fry and his team was seamless and professional. His presentation captivated the audience and created lasting engagement. Attendees were still talking about his powerful message long after the event.

- Devin Bisanz
Event Organizer
CAPS

““““

Pete Fry was a game-changer for our investors. His mindset strategies were powerful, practical, and left everyone feeling focused and inspired. Highly recommend him

- Cameron Manning
Kelly Fry Team

kwocean REALTY
KELLER WILLIAMS



BOOKING DETAILS

 **SPEAKER REEL**

KEYNOTES [45-90 MINS]

High-energy, powerful, results-driven talks that inspire massive action.

ADD ONS:

WORKSHOPS + BREAKOUT SESSIONS

In-depth training for teams, entrepreneurs, sales professionals and executives.

IMMERSIVE EXPERIENCES

Firewalks, Board Breaking

EXCLUSIVE LICENSING AND TRAINING PROGRAMS

License Pete's Programs for corporate training solutions

BOOK PETE FRY TODAY!

CONTACT PETE FRY

Speaker

Booking Link:

[CLICK HERE](#)

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MAKE YOUR NEXT EVENT AN UNFORGETTABLE, HIGH-IMPACT EXPERIENCE!

