

# Angus Reid

Champion. Leader. Speaker. Coach.

## BIOGRAPHY



Angus Reid's story is one of grit, perseverance, and the power of belief. A 13-year veteran of the Canadian Football League (CFL), he defied the odds to become one of the most respected and accomplished players in BC Lions history. With 200 career games, two Grey Cup championships, and five seasons as team captain, Angus knows firsthand what it takes to compete—and win—at the highest level.

But Angus' journey wasn't a straight path to success. From an early age, he was told he didn't have the physical gifts to make it in professional football. What he did have was an unshakable work ethic, an unwavering commitment to self-improvement, and the guidance of extraordinary mentors. His career is proof that success isn't just about talent—it's about mindset, preparation, and surrounding yourself with the right people.

Today, Angus brings that same passion and insight to audiences across North America. As a highly sought-after keynote speaker and leadership coach, he works with businesses, teams, and organizations to cultivate championship cultures. His engaging storytelling and real-world lessons on teamwork, accountability, and peak performance leave a lasting impact, helping individuals and teams unlock their full potential. Angus is also the author of the Amazon best-selling book *Thank You, Coach*, a heartfelt tribute to the mentors who shaped his career. His powerful TEDx talks, *Why We Need High School Football* and *Mastering the Skill of Trust*, have resonated with thousands, reinforcing his message that success is built on discipline, trust, and the right leadership.

Whether on the field, in the boardroom, or on stage, Angus Reid is a testament to the power of perseverance and the importance of great leadership. His mission is simple: to inspire, educate, and equip others with the tools they need to achieve greatness.



**For booking information please contact:**

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