

JERRY PALMIERI: Life Lessons Learned from Coaching



I have had the privilege to be around some special coaches and athletes during 34 years as a strength and conditioning coach at the collegiate and professional levels.

Whether I was sitting in a team meeting listening to NFL Football Coach Tom Coughlin, coaching on the floor of the weight room, or standing on the sidelines for more than 500 NCAA and NFL games, valuable lessons were learned. Lessons that can be applied to life. These lessons are surrounded by stories and applications that will challenge and motivate men and women.

Here are just a few of the lessons that I share:

- **There is No Substitute for Hard Work**
- **People do what you Inspect, not what you Expect**
- **14 – 0 is the Kiss of Death**
- **The First Time you Quit will be the Hardest**

BIO

- 13 years of collegiate coaching: University of North Carolina, Oklahoma State University, Kansas State University, Boston College
- 21 years of NFL coaching: Jacksonville Jaguars, New Orleans Saints, New York Football Giants
- Recognized by the Professional Football Strength & Conditioning Coaches Association with the Lifetime Achievement Award
- Twice recognized with NFL Strength & Conditioning Coach of the Year
- Member of New York Football Giants' staff during 2 Super Bowl Championships (2007 and 2011).

TESTIMONIALS

“Jerry Palmieri is one of the most passionate and inspirational speakers I know. His presentations for the Parisi Speed School and fellow NFL coaches were both moving and educational. I highly recommend his presentation for any organization that needs a boost in performance and motivation.”

-- **Bill Parisi**, Founder/CFO of Parisi Speed School Franchise Systems, Inc.

“Jerry’s presentation is empowering, inspirational and motivational. Each success principle can be applied by any person to help them to maximize their God-given potential and achieve their goals.”

-- **Pastor Frank Bolella**, Senior Pastor of Living Word Community Church

“I listened to Coach Palmieri accept the lifetime achievement award at the NFL Combine. His three-pronged message moved the entire audience and re-affirmed the power of a coach! - A Must Listen!”

-- **Dr. Rob Bell**, Sport Psychology Coach, Speaker, and Author

VIDEO

90-second clip of Life Lessons Learned from Coaching [Highlights](#)

CONTACT INFORMATION

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