



## DR. ROB BELL

### COACH, SPEAKER, AUTHOR, & ENTREPRENEUR

Dr. Rob Bell holds a Ph.D. in Sport Psychology from the University of Tennessee and an M.Ed. in Sport Psychology & Kinesiology from Temple University.

A renowned mental toughness coach, Dr. Bell has worked with PGA Tour champions, Olympic medalists, and corporate athletes. Author of eight influential books on mental toughness, he translates rigorous academic insights into practical strategies for handling competitive stress.

Dr. Bell's compelling keynotes have captivated audiences at organizations like the NFL, Marriott, and Walgreens, making him a sought-after speaker for fostering resilience and peak performance.

# Dr. Rob Bell

## Mental Toughness Coach

### ELEVATE YOUR EVENT WITH DR. ROB BELL: A PROVEN EXPERT IN MENTAL TOUGHNESS

Dr. Rob Bell stands out with his high-impact, results-driven presentations. Drawing on decades of experience with elite athletes, top executives, and high-performing teams, he provides deep insights into the power of mental toughness. His work with Olympic medalists, PGA Tour champions, Grand Slam tennis winners, and Indy 500 champions underscores his ability to foster success at the highest levels of competition and performance.

Dr. Bell's keynote presentations are more than just speeches—they are compelling invitations to explore the foundational role of mental toughness in achieving success. His straightforward and engaging delivery connects with a diverse audience, from corporate leaders to aspiring athletes, leaving them inspired and equipped with actionable strategies to build resilience and excel under pressure.

Known for his practical and direct approach, Dr. Bell grounds his discussion in personal experiences that include completing 100-mile ultra marathons and Ironman competitions, as well as caddying in over 20 PGA Tour events. These experiences, combined with the insights shared on his popular podcast, "The Mental Toughness Podcast with Dr. Rob Bell," enrich his presentations, providing real-world applications of his theories on mental toughness.

Invite Dr. Rob Bell to speak and offer your audience a dynamic and memorable experience that will transform their approach to challenges, enhance their leadership skills, and elevate their personal performance.



## CONTACT LINKS

-  [nicole@drrobbell.com](mailto:nicole@drrobbell.com)
-  [drrobbell.com](http://drrobbell.com)
-  [mental-toughness-podcast](#)
-  [@drrobbell](#)
-  [@drrobbell](#)
-  [@drrobbell](#)
-  [@drrobbell](#)

## SIGNATURE TOPICS

- *The Hinge: It only takes one*
- *NO ONE Gets There ALONE*
- *Patience is the New Mental Toughness*

**PODCAST**

**CLICK HERE**



YouTube Premium



The Powerful Reason Why You Should Just Keep Moving



Dr. Rob Bell

5.9K subscribers



16



"Life is not a race, it's a journey. It's a constant test of "you vs. you" and it matters who you help along the way. Rob gets it".



**Jesse Itzler**

Entrepreneur and Author of Living With A SEAL

"Dr. Bell has been an important addition to my team in 2016 and definitely instrumental in me having the best year of my career thus far. I look forward going even further in the future."



**Rajeev Ram**

Olympian and Multiple Grand Slam Champion

"Dr. Bell has helped me gain a mental edge on the competition and I would recommend him to anyone who is looking to do the same!"



**Adam Schenk**

PGA Tour Pro

"Dr. Rob's books is full of ideas to be healthy, happy, and successful in today's fast paced world."



**Dr. Bob Rotella**

Sports Psychologist and Best Selling Author

"Dr. Rob Bell's philosophy on preparation is second to none. It allows the player to get out of his own way in order to reach goals both on and off the course."



**Scott Stallings**

PGA Tour Pro

