

## **Champion Wrestler Nick Ugoalah Pins Adversity to the Mat – Motivates Others with his Powerful Story**

Lithe, muscled and confident, it's hard to imagine celebrated wrestler Nick Ugoalah as the small, frightened nine-year-old who boarded a plane for Canada with tears in his eyes. He and his younger brother and sister left their mother and their poor Nigerian village for a chance at a better life. Instead, they found hardship and violence, at the hands of the one person in their new country they knew and trusted – their father.

After years of enduring his father's physical abuse – when Nick was 14 he broke the silence. He confided in a school counselor, and from that moment, never returned to his home. He and his siblings were immediately placed in separate foster homes and started over, again.

### **The turning point**

Nick bounced from foster family to foster family, angry and directionless. Finally, in a stroke of luck, he was assigned to live with the McLellans. Fueled by their love and encouragement, he focused his energy and transformed himself into a high-achieving student and athlete.

"I set ambitious goals," says Nick. "Then I look for people who know more about my objectives than I do. They help me find all the ways I can improve, and from there, it's simple – I work harder than my competition." His strategy pays off. He is a three-time Canadian wrestling champion, 2000 and 2004 Olympic trials champion, successful entrepreneur and a gold medalist at the Commonwealth Games. Nick Ugoalah is a winner, master of his body *and* mind.

### **Spreading the word**

Ugo, as his fans affectionately call him, is a professional member of the Canadian Association of Professional Speakers. He shares his message of hope, triumph over adversity and achieving greatness in his seminars, dynamic workshops and keynote speeches to youth groups, social service agencies and corporations. He also draws on the years of exceptional athletic coaching he received to teach individuals how to create more successful and satisfying lives.

To schedule a keynote address or workshop tailored to your organization, call 604.871.1084 for fees and available dates.