

Jajuan Michael Harley

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Profile Summary

- Self-motivated individual, whose goal is to motivate others through his journey to never give up and to show appreciation for every opportunity life presents.
- Result-oriented fitness professional with 20+ years of experience in publicly and privately held settings. Proven track record in complex and capital-intensive delivering to delivering value in Enhancing Lives, Strategy and Planning.

Professional Fitness Coach

Make Adjustments Delete Excuses INC. (M.A.D.E.)

2015 - Present

Founder, Owner & C.E.O.

- Designs Meal Guides with a minimum of 2,427.5 and maximum 7,909 Calorie intake for Omnivores, Vegans, Vegetarians and Pescatarians.
- Transformed over 27 members' bodies accumulating over 500lbs lost, over 200 percent of body fat burned over 100lbs of muscle gained and reduced diabetes count.
- Trained female Figure competitor for NPC 2016 and SNBF 2018 where she won 1st and 2nd place; trained male Bodybuilding competitor for SNBF 2018 where he won 1st and 2nd place.
- Expertise interpreting and analyzing plays and used this knowledge to mentor and coach professional, semi-professional, and amateur athletes.

Public Speaker

2014 - Present

- Provided marketing tools for professional and amateur athletes of *The Players NIL*.
- Inspired listeners at the *Mindset is Everything: Mental Health Seminar* to trust the process of life by taking one step at a time.
- Engaged over 8,000 men during the *Unraveling the Roots of Male Trauma*, in regards to, it is okay to not be okay.
- Led a sermon based on walking by faith and not by sight at *Life Church International Center* to uplift the community.
- Exchanged views during *Devon Teeple's International Leadership Webinar* in regards to resilience.
- Published over 20 blogs, which opened up my life to inspire others.
- Featured guest on *ESPN Dever and Tucson Radio* shows, conversing about my unique journey as a professional football player.
- Encouraged many Canadians by harping on the path life brought me to and how I focus on controlling what I can control on the *IgniteCHANGE*.
- Expressed how I refused to give up on myself and decided to become my own Agent, which led to me making history as an American style Football Player on *Jarrell's Journal*.
- Delivered an inspiring message about enduring the storms of life on *After Orange Slices with Bridget Case*.
- Exhibited the true meaning of using setbacks as stepping stones, rather than a pity party on the podcast *Rocket Motivation with Rod Cate*.
- Relished the opportunity on *The Process Podcast* to speak on making adjustments.
- Revealed how my trials and tribulation brought the beast out of me on *Andre The Beast Crayton Show*.
- Provided relationship advice for couples to use on a daily basis on the *Holdin Hands Podcast*.

Tucson Sugar Skulls

Professional Football Coach (Secondary)

June 2021 - August 2021

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- Scouted weekly opponents and created daily scouting reports for the Secondary.
- Hosted Meetings three times a day to prepare and scheme against opponents.
- Conducted fundamental drills during practice to improve players' technique for better performance.

Crunch Fitness

June 2019 - October 2019

Personal Fitness Coach

- Helped South Tampa Crunch Fitness increase revenue in four months by marketing and recruiting clients, which increased profit by \$40,000.00 per month (\$40,000.00 to \$80,000.00).
- Increased ranking in four months (4th out of 350).
- Uplifted co-workers' morale, motivating team to break records, ranking gym #1 of 20 Florida clubs.
- Recognized Employee of the month in July, 2 months after hire.

Professional Athlete

Football Player

2013 - Present

- First player in American Style Football history to self negotiate and sign 12 professional contracts as a free agent: National Football League (NFL), Canadian Football League (CFL), Indoor Football League (IFL), National Arena League (NAL) and Arena Football League (AFL).
- Started as a Defensive Back, while being the Secondary Coach for the Tucson Sugar Skulls for a season.

Mentorship

Hillsborough County Schools

Coach

2020

- Educated athletes on the psychological aspect of sports and how it carries over into life.
- Introduced efficient workouts that will help athletes become better.

Leon County Schools

Coach

2016

- Trained Junior Varsity (JV) high school football players on fundamentals of their position.
- Collaborated with coaches to update and fortify strength training, conditioning and scrimmages.

Certifications

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| ▪ The Science of Well-Being, <i>Yale University</i> | ▪ Holistic Health & Wellness Coach, <i>Womanly Wealth Academy</i> | ▪ Adult Child & Baby First Aid/CPR/AED, <i>American Red Cross</i> |
| ▪ Food and Health, <i>Stanford University</i> | ▪ Nutrition Coach, <i>CTAA</i> | ▪ Life Purpose Coach, <i>Transformation Academy</i> |
| ▪ Managing Your Health: The Role of Physical Therapy and Exercise, <i>University of Toronto</i> | ▪ Special Olympics Unified Sports Coach, Sports Nutrition Coach, Basketball & Football Officiate, <i>NFHS</i> | ▪ Substitute Teacher, <i>Kelly Education</i> |

Education

Middle Tennessee State University (MTSU)

2011 - 2015

B.S. Liberal Studies