

Jajuan M. Harley

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Education

B.S. in Liberal Studies (2011-2015)

Middle Tennessee State University, Deans List (2015)

Tallahassee Community College, Deans List (2015)

Florida State University Dean's List (2009 – 2010)

Motivational Speaking and Publications

News Features

- “Ontario Non-Profit Org Continues To Make Impact Now Joining Forces With Renowned NFL Free Agent Jajuan Harley,” Reported by The GM’s Perspective & ignite CHANGE, IssueWire.com, 2022
- “Jajuan Michael Harley’s Documentary,” Reported by David A. Johnson,” Black Entertainment Network, 2021
- “Still Keeping the Dream Alive,” Tallahassee Democrat Written by Corey Clark 2016
- “From Walmart to the NFL, Jajuan Harley’s Story” Reported by the Buffalo Bills News, Buffalo Bills, 2014

Publications

- “Make Adjustments Delete Excuses,” *Climb Back Up*, by Rode Cate
- “Never Give Up,” by Jajuan Harley
- “Still Chasing the Dream” by Jajuan Harley
- “Courage Gave Me Endurance” by Jajuan Harley
- “Going Through to Get to: Perseverance” by Jajuan Harley
- “Death. Cancer. Dream” by Jajuan Harley
- “Riding Shotgun to the Purpose” by Jajuan Harley
- “Cloudy with a Chance of Sunshine” by Jajuan Harley
- “The Mirror” by Jajuan Harley
- “Go for It” by Jajuan Harley
- “To the NFL: I Plead My Case” by Jajuan Harley
- “Bamboo Tree” by Jajuan Harley

Podcasts & Interviews

- “Who am I” *Holding It In The Road*, Harold Hill and Silver Fox
- “Living with ADHD,” *Attention Different Podcast*, Co-host
- “Building Team Unity,” *Northern Credit Union*, Speaker
- “Walk by Faith, Not by Sight,” *Life Church International Center*, Speaker
- “Trust the Process,” *Mindset is Everything: Mental Health Seminar*, Speaker
- “It’s Okay to Not Be Okay,” *Unraveling the Roots of Male Trauma*, Speaker
- “Exclusive Interview with Former Buffalo Bill Jajuan Michael Harley,” *Devon Teeple’s*

International Leadership Webinar, Speaker

- “Wellness Wednesday,” *Interview with Devon Teeple*, Interviewee
- “Overcoming the Impossible,” *Rocket Motivation* with Rod Cate, Speaker
- “Enduring the Storms of Life,” *After Orange Slices with Bridget Case*, Speaker
- “Relish in Your Opportunities,” *The Process Podcast*, Speaker
- “Trials and Tribulations: Bring Out the Beast,” *Andre The Beast Crayton Show*, Speaker
- “Relationship Advice for Couples,” *Holding Hands Podcast*, Speaker
- “Professional Development: *Social Media Marketing for Self-Branding*,” The Players NIL, Speaker
- “My Journey as a Football Player,” *ESPN Denver 1600*, Speaker
- “My Journey as a Football Player,” *Tuscon Radio*, Speaker
- “Power of the mind with NFL Free Agent Jajuan Michael Harley,” *Sports Avenue*, Speaker
- “Interview with Jajuan Michael Harley,” *Jarrell’s Journals*, Speaker
- “Jajuan Harley,” *Sports Opinions Podcast*, Speaker
- “Jajuan Harley – Court Vision,” *Jeffery Morrone*, Speaker

Professional Experience

Make Adjustments Delete Excuses, INC (CEO, Founder, Personal Trainer) 2015-present

- Implements web design skills and marketing strategies to enhance online access to resources for clients.
- Customizes meal guides, workouts, and training schedules for diverse clientele, ensuring 90% success rate for client goals.
- Proven track record: has motivated 100+ clients of various age ranges with measurable success rates.
- Three-time Men’s & Women Bodybuilding Champions.
- 1 NFL Buffalo Bills Athlete Signed, 1 CFL Edmonton Eskimos Athlete Signed, 8 Arena Contract (Indoor Football League, National Arena League, Arena Football League), 4 NFL Private Workouts (Denver Broncos, Buffalo Bills, Green Bay Packers, Washington Commanders), 1 NFL Seattle Seahawks Rookie Mini-Camp, 1 NFL Green Bay packers Emergency Shortlist, and 2 NFL San Fransico 49er’s and Washington Commanders Shortlist.

Testimonials

- **Dan Dainius A. Drukteinis, M.D., J.D., FACEP (Adult):** “Thank you, Coach for all of your training, but also your restraint, so that I can continue to be a strong athlete without injuries.”
- **Erin & Ethan L (Parent):** “Riley is invigorated after each session and always eager for the next one. We brought him in for fitness...but Riley’s received much more in return. Thanks Coach!”
- **Rachel Semago (Parent):** “We have highly recommended his training services to many of our friends looking for extra training and all that have had the chance to work with him also have positive feedback. We feel lucky to have found him!”

Personal Trainer and Sales 2015-present: Boosted two gyms' profits by \$263,955 in 21 months through excellent customer service, attention to client needs, and advanced training acumen

Tampa Sports Academy (TSA)

2022-2024

- In 5 months, increased Tampa Sports Academy's sales by \$42,000, clientele renewals by \$29,000, and new client sales by \$13,000
- In 17 months, boosted Tampa Sports Academy's sales by \$103,955

South Tampa Crunch Fitness

2019

In 4 months:

- Magnified revenue by \$40,000 per month
- Elevated gym ranking to #1 out of 20 in the region
- Enhanced gym ranking to 4th out of 350 state franchises

Professional & Collegiate Athlete

2009 – present

- Networks with 100+ professional football coaches per week to secure opportunities within the NFL, IFL, AFL, and XFL.
- Uses social media marketing strategies to create relevant content geared towards NFL personnel: records training videos, edits footage, and designs flyers to post on social media networks and email campaigns.
- Self-negotiated and signed 10 professional football contracts: National Football League, Canadian Football League, Indoor Football League, National Arena Football League.
 - Tucson Sugar Skulls of the Indoor Football (2020-2021)
 - (Player of The Week)
 - Washington Football Team of the National Football League Private Workout (2021)
 - Emergency List
 - Iowa Barnstormers of the Indoor Football League (2019)
 - (Team Captain)
 - Jacksonville Sharks of the National Arena League Training Camp (2018)
 - Green Bay Packers of the National Football League Private Workout (2017)
 - (Emergency Shortlist)
 - Georgia Albany Firebirds of the National Arena League (2017)
 - Cleveland Gladiators of the Arena Football League Training Camp (2017)
 - Cleveland Gladiators of the Arena Football League Training Camp (2016)
 - Edmonton Eskimos of the Canadian Football League Mini Camp (2015)
 - Bemidji Axemen of the Indoor Football League (2015)
 - Buffalo Bills of the National Football League (Jan. – Aug. 2014)
 - Denver Broncos of the National Football League Private Workout (2013)
 - San Francisco 49ers of the National Football League (2013)
 - (Emergency List)
 - Seattle Rookie Mini Camp of the National Football League (2013)
 - Middle Tennessee State University (MTSU) (2012)
 - (Sun Belt Player of the Week)
 - (College Football Performance Award, Performer of the Week)
 - (MTSU Tennessee Sports Writers Association, Defensive Player of The Week)

Coaching Leon County and Hillsborough

2018-2026

- Interim Defensive Coordinator at Amos P. Godby High.
- James S. Rickards High Defensive Back Coach. In 11 Games my dynamic tandem went 73/1,016 snaps for 539 yards, 59 tackles, 4 interceptions, 16 pass break ups, 2 sacks, 2 forced fumbles, 8 touchdowns given up.
- Market high school players for a boost in their recruiting.
- Educated athletes on the psychological aspect of sports and how sports mentality influences the game of life.
- Introduced efficient workouts to increase athlete performance and build confidence to increase team morale.
- Trained Junior Varsity (JV) high school football players on fundamentals of their position
- Collaborated with coaches to update and fortify strength training, conditioning, scrimmages, and game plans.

Mentorship and Philanthropy

- First 5 months of 2026, Make Adjustments Delete Excuses Incorporated donated \$5,571.31 and counting to the Tallahassee community to create opportunities and provide groceries.
- Encouraged 20+ young adults and adults to pursue professional careers or academic goals.
- Created and hosted a presentation on advertising, negotiating and marketing for clients of Sports Management Worldwide Agency.
- Exemplifies leadership qualities for young adults, interacts with teens and adults to boost self-love, and advises young adults on social media etiquette.

Certifications: International Sports Sciences Association

- Personal Trainer CPT
- Strength and Conditioning S&C
- Senior Fitness SFS
- Corrective Exercise Specialist CES
- Nutritionist Coach CNC
- CPR/AED

Awards

Employee of the Month, Crunch Fitness South Tampa (2019)