PROGRAM BIO

If you are introducing Josh at a speech, please DO NOT read these bios as your intro. Instead, please use the video or text available in the Event Planner Toolkit*.

SHORT BIO

Josh Sundquist is a bestselling author, motivational speaker, and Paralympic ski racer. He’s the
author of four books and his life is the inspiration for the new television series, “Best Foot
Forward” on Apple TV+. Josh’s videos on the internet have over 500 million views. He is a former Paralympic ski racer and a member of the U.S. Amputee Soccer Team.

SPEECH DESCRIPTION

Speech Title: One More Thing, One More Time

Josh Sundquist is a Paralympic ski racer and bestselling author who has been featured in The
New York Times, CNN and Forbes and has spoken across the world. His high-octane blend of
energy and humor inspires organizations and individuals to adopt his ski racing motto, 1MT1MT
(one more thing, one more time) as their new standard of excellence. Josh shares stories about
losing his leg to cancer, ski racing in the Paralympics, and playing jokes with his artificial leg to impart motivation for overcoming adversity and reaching peak performance.

FULL BIO

Josh Sundquist is a motivational speaker, comedian and bestselling author who has shared his
story with audiences across the world, ranging from schools to the White House to Fortune 50 companies like Facebook, Walmart, Apple, Spotify, Google, CVS and General Motors. Josh is
an in-demand keynote speaker for groups of sales people, educators, student leaders, and
health professionals.

At age nine, Josh was diagnosed with a rare form of bone cancer and given a fifty percent chance to live. He spent a year on chemotherapy treatments and his left leg was amputated. Doctors declared Josh cured of the disease at age thirteen and he took up ski racing three years later.

Josh trained for the next five years and in 2006 he was named to the US Paralympic Ski Team for The Paralympic Games in Turino, Italy. Today, Josh represents the United States in international competition as a member of the U.S. Amputee Soccer Team.

On the internet, Josh is best known for his viral photos, especially his Halloween costumes. His videos have been viewed over 500 million times and he has over three million followers. People Magazine named him to the 2017 "Social Media Power List." As a social media influencer, he's worked with brands like Apple, Meta, Tommy Hilfiger, Chase, Chevrolet and AT&T.

Josh is an ambassador for Children's Miracle Network Hospitals and makes regular appearances at events and in the media to raise money for children's hospitals across the country. He has been featured on the back of Doritos bags (specifically, Spicy Nacho flavor) for his work on behalf of amputees.

Josh has been featured in The New York Times, Forbes, NPR and CNN. His first memoir, Just Don't Fall, was a National Bestseller and his second memoir We Should Hang Out Sometime was optioned for movie rights by a division of Disney. His debut novel Love and First Sight was published in 2017. Josh’s fourth book, Semi-Famous was released in 2022. His books have been translated into German, Italian, and Turkish and have been published in North America, Australia, New Zealand, Germany, Turkey, Italy, and Austria.

Josh is an executive producer and writer on the new television series, “Best Foot Forward” on Apple TV+. The series is inspired by his childhood.

Josh received a degree in business from the College of William and Mary and a Master's in Communications from the University of Southern California. He lives with his wife, Ashley near the beach in California.