

NICK PREFONTAINE

FOUNDER OF COMMON GOAL | 3X BEST-SELLING AUTHOR | NAMED
TOP MOTIVATIONAL SPEAKER BY YAHOO FINANCE

TURNING TRAUMA INTO TRIUMPH
EMPOWERING AUDIENCES TO RISE AFTER CRISIS

MEET NICK

After surviving a life-threatening snowboarding accident at age 14 and his parents being told he might never walk, talk, or eat independently again, Nick Prefontaine defied all odds. Today, he inspires audiences with his story of resilience and the STEP System he developed to help anyone overcome adversity. As a best-selling author and nationally recognized motivational speaker, Nick has shared his message with thousands across the country. He is the founder of Common Goal, a movement dedicated to helping people take the next step toward their full potential.

SPEAKING TOPICS

Overcome Anything: The S.T.E.P System for Thriving After Trauma: Discover the four-step framework that helped Nick rebuild his life—and how anyone can use it to face challenges head-on and come out stronger.

Adaptability and Overcoming Adversity: Perfect for teams and leadership groups, this keynote teaches how adversity can become the foundation for stronger leadership and deeper empathy.

Turning Obstacles Into Opportunities through Personal Growth & Goal Setting: Nick shares mindset tools that shift perspectives and inspire resilience in the face of crisis, setbacks, or change.

READY TO INSPIRE YOUR AUDIENCE?

Let's connect and bring Nick's message to your next event!

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Phone: +1 401-371-9235

Social: @NickPrefontaine on [Facebook](#) & [LinkedIn](#)



Overcame a life-altering accident, developed the S.T.E.P. System (Support, Trust, Energy, Persistence), and now delivers powerful keynote talks on resilience and growth.

3X BEST-SELLING AUTHOR

TOP MOTIVATIONAL SPEAKER OF 2022
(YAHOO FINANCE)

**FEATURED IN AUTHORITY MAGAZINE &
BRAINZ MEDIA**

PROVEN TO INSPIRE, EDUCATE, AND EMPOWER

"Nick is an excellent speaker who delivered an inspiring, motivating, and entertaining speech... His STEP System instills belief, highlights family support, and the strength of the human spirit."

— Charlie Reavis, President, Dysphonia International

"Nick speaks with passion and believes anyone can succeed with focus and perseverance. His message is one of hope, and his story is an inspiration to all who hear it."

— Bryan Thomas Pugh, Brain Injury Association of Maryland

AUDIENCES INCLUDE:

Brain Injury Conferences, Rehabilitation Summits, Resilience Retreats, Leadership Events, Youth Programs, Mental Health Forums