

## **BIO FOR RON BACKES**



**Ron Ron Backes is a former Olympian, championship athlete, and leadership mentor who equips leaders to strengthen their “inside game” so they can lead others and shape strong cultures.**

**A six-time Big Ten Champion, NCAA Indoor Shot Put Champion, and member of the 1992 U.S. Olympic Team, Ron understands firsthand the discipline, pressure, and responsibility that come with performing at the highest levels. Following a decorated athletic career—including three U.S. Indoor and one U.S. Outdoor Shot Put Championship—Ron transitioned into coaching at The Ohio State University before dedicating his work to developing leaders and teams.**

**For more than two decades, Ron has worked alongside coaches, executives, and teams across the country, helping them build cultures of accountability, resilience, and trust. Drawing on lessons from elite sport and leadership development, he challenges individuals to take personal responsibility, lead themselves well, and create environments where people and performance thrive.**

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