

QUINTIN DEMPS

Coach Q

NFL VETERAN | HEAD COACH | LEADERSHIP SPEAKER

PEOPLE. CULTURE. LASTING IMPACT.

REAL LEADERSHIP. REAL IMPACT.

FROM THE LOCKER ROOM TO THE BOARDROOM.

INSPIRING LEADERS FOR WHAT'S NEXT.

Quintin Demps challenges and equips leaders to navigate change, build high-performing cultures, and lead with authenticity in today's evolving business environment. With real-life experience from the NFL, collegiate coaching, and organizational leadership, he delivers practical insights that move people from awareness to action.

> *"The candid and open approach spoke volumes of what a leader is. My favorite part was when you talked about your players willingness to walk through a wall for you, and you said you wanted to walk through together. It was a total mind shift for me."*
>
> *– HR Communications Strategist*
> *Penn State Health*

SIGNATURE KEYNOTE

BUILT TO BE HUMAN:

LEADING WITH AUTHENTICITY IN AN AI-CENTRIC WORLD

In a world moving faster, more automated, and more complex, the greatest advantage leaders have isn't a title or a tool—it's their humanity. This high-energy, real and relatable keynote challenges leaders to stay authentic, lead with transparency, and remember that we're all human at the end of the day. Quintin shares powerful lessons from the NFL, collegiate coaching, and organizational leadership to help leaders be the kind of leader they wish they had—one who values people, builds trust, and creates a culture where everyone can thrive, even in the midst of rapid change and technological disruption.

KEY TAKEAAWAYS

- Lead people, not just performance
- Be authentic and transparent in every season
- Build trust in an AI-driven world
- Create cultures where people feel seen, valued and empowered
- Be the leader you wish you had

CREDIBILITY THAT COUNTS

10-YEAR NFL VETERAN
Philadelphia Eagles, Chicago Bears, Houston Texans, Kansas City Chiefs, New York Giants

3× TEAM CAPTAIN
Chosen to lead by teammates and coaches.

NFLPA REPRESENTATIVE
Advocated for teammates and navigated organizational interests and accountability.

FORMER COLLEGIATE HEAD COACH
Judson University | 2023 – 2025
Transformed a struggling program, elevating the team GPA from below 2.0 to a program-best 3.7.

COLLEGIATE COACHING EXPERIENCE
Central State University | 2025 – Present
Trinity International University | 2021 – 2023

COMMUNITY LEADER
Founder of the Quintin Demps Foundation, uplifting at-risk youth in El Paso and Southern Texas.

IDEAL AUDIENCES

- Corporate executives and business leaders
- Leadership development programs
- Organizations navigating change and digital transformation
- Teams, athletic departments, and coaching clinics
- Churches, youth ministries, and community events

POPULAR TALKING TOPICS

- Remaining Human in an AI-Centric World
- Building High-Performing Cultures
- Leading Through Change
- The Power of Authentic Leadership
- Accountability and Personal Excellence
- Turning Transition Into Triumph

Leadership Changes Lives.

LET'S CONNECT
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www.quintindemps.com

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LEAD PEOPLE | BUILD CULTURE | CREATE OPPORTUNITY