



John Sandahl is a professional and personal coach, change-agent, team builder and speaker with 15 years of experience helping groups around the country achieve high performance through the power of connection and coaching.

John has sustained a 20-year Ultimate Frisbee career while playing all over the world: he is a four-time national, three-time world champion and former captain of Team USA. He also coached the US National U19 girls team three times in the junior world championships in Finland, Vancouver and Germany where they medaled each time. He's been coaching Ultimate at South High School in Minneapolis since he started the team in 2002. John is a certified instructor for USA Ultimate and travels the world helping teach others how to coach the sport.

In addition to his Ultimate career, John has taught theology and coached high school boys soccer in the Bahamas, has a DANSA award for being the Outstanding lead actor in the 1999 season of Bahamian theatre, and sung with a choir at Carnegie Hall in New York.

He's passionate about helping people learn to see each other (and themselves) in a better way, and has directed anti-bullying workshops with the national non-profit Youth Frontiers for 14 years. John is an expert in facilitating large group events as well as one-on-one personal coaching and has yet to meet a group or individual with whom he can't find some common ground to start the change process. He is an expert presenter and motivator and has worked with well over 175,000 people.

John has a B.A. in Theater from St. John's University and has trained as a personal coach with The Coaches Training Institute, the standard-bearer of coach training organizations worldwide.

In 2010, He received the Designation "Certified Professional Co-Active Coach" 'CPCC' from CTI.

Fun Facts About John:

John and his longtime partner Sarah have two cats named Tucker and Milo who love to wrestle.

John's favorite new food is a Doner Kabab from Dubai.

John has read lots of books but prefers Creative non-fiction - especially things by Malcom Gladwell and Erik Larson.

In the winter John trades his ultimate cleats for broomball shoes.