

# QUINCY CARTER

## Mental Strength for Every Team

*Former NFL QB inspires healthy leadership*

As a multi-sport professional athlete, Quincy Carter has reached the pinnacle at each level of play and knows the highs and lows. Leading “America’s Team” his rookie NFL season, Quincy performed under pressure. Through real talk and real connection, he’s committed his life to using his story to inspire and encourage the human spirit. An advocate for mental health and substance free living, Quincy inspires individuals, teams and seasoned leaders to reach their goals. As an elite quarterback, Quincy shares his knowledge of the sport’s nuances to the next generation through his QC Quarterback School, providing the opportunity to mentor young men in the game of football as well as the game of life. Today Quincy speaks to organizations and recovery centers to champion the message that we are all human, facing real struggles and success. He uniquely blends athletic prowess, coaching wisdom and advocacy for self and others to inspire change.



### SPEAKING TOPICS

- Fearless Teamwork** Collective trust, goal-setting and decision-making
- Faith: Strength in Mind, Body & Spirit** connection between physical health, mental well-being, and spirituality to overcome adversity
- Mental Health Matters** The importance of seeking help, building a support system, and finding hope in difficult times.
- Coaching Excellence:** Drawing from his experience as a quarterback and coach, Quincy discusses the nuances of the quarterback position.
- Overcoming Stereotypes and Breaking Barriers:** The importance of diversity and inclusion in sports and society.



### ACHIEVEMENTS

- NFL Dallas Cowboys, starting QB (3 years)
- Drafted by Chicago Cubs, played 3 years
- University of Georgia Quarterback
- "All SEC" 2x winner; SEC record-holder for *longest streak interception free*
- 2023 inducted into Georgia High School Hall of Fame
- Led first all-Black team to HS state championship ('96)
- Advocate for recovery centers

### Endorsements

- “Thank you for speaking to my team at our annual luncheon. Our guests remember you leading the Cowboys and left with nuggets of wisdom to persevere through adversity, come what will.”
- “Quincy delivered an authentic, moving testimony to the role his faith plays in his daily strength.”
- “Coach Quincy has been a part of my life from middle school through college ball I and helped me become the God fearing man I am today.”

### BOOK

### QUINCY CARTER

speakers@playersforgood.com  
www.playersforgood.com

A portion of his speaking fee will be dedicated to **The Quincy Carter Foundation**, providing valuable life lessons through clinics to inner-city youth.  
EIN # 88-3629666

