

2024 National Conference Keynote speaker Don Mann

USDLA is excited to feature retired Navy SEAL Don Mann as our 2024 keynote speaker.

A *New York Times* bestselling author, since retiring two decades ago from Team SIX, Don has delivered compelling presentations that have inspired business leaders, military and government personnel, and professional athletes. The lessons he shares during his presentations are born from his colorful and action-packed life as a SEAL, his experiences competing in some of the world's most grueling competitions, and his experience in the business world: usfrogmann.com.

Don's military distinctions include: Being a decorated combat veteran; Corpsman, SEAL Special Operations Technician; jungle survival, desert survival, and arctic survival instructor; small arms weapons instructor, foreign weapons instructor, armed and unarmed defense tactics, advanced hand-to-hand combat instructor; and Survival, Evade, Resistance and Escape Instructor; among other credentials.

Don says: "When Osama bin Laden was assassinated, the entire world became fascinated by the men who had completed the seemingly impossible mission that had dogged the U.S. government for over a decade. Only a handful of the elite men who make up the SEALs, the U.S. Navy's best and bravest, survive the legendary and grueling selection process that leads to SEAL Team SIX, a group so classified it technically does not even exist. There are no better warriors on earth." Don knows what it takes to be a brother of these ultra-selective fraternities. As a member of SEAL Team SIX he worked in countless covert operations, operating from land, sea, and air, and facing shootings, decapitations, and stabbings. He was captured by the enemy and lived to tell the tale, and he participated in highly classified missions all over the globe, including Somalia, Panama, El Salvador, Colombia, Afghanistan, and Iraq.

The most recent titles of the [22 books](#) that Don has penned include [Reaching Beyond Boundaries: A Navy Seal's Guide to Achieving Everything You've Ever Imagined](#) and [Inside SEAL Team SIX: My Life and Missions with America's Elite Warriors](#).

Don is also the host of the TV series *Surviving Mann*, the ultimate test of strength and survival. He takes contestants to remote special ops training locations where they must battle it out to challenge Don in the ultimate survival showdown: survivingmann.com.

Education: Don received a Master's in Management from Troy State University, in Troy, AL, a B.S. in International Relations and Criminal Justice from Florida State University, in Tallahassee, FL, and a B.S. in Liberal Science from State University of New York. He lives in Cape Charles, VA.