

Dr. Emmet C. (Tom) Thompson II, D.S.L., M.S., M.A. ***The Life Coach***

On November 14, 2009, Emmet C. (Tom) Thompson kicked his way into the record books. At age 61, he became the oldest football player in NCAA history and the oldest NCAA football player to score a PAT (point after touchdown). In addition to the notoriety that came with his accomplishment, he has become a standard-bearer for a generation that is redefining the entire concept of “retirement age.”

Tom’s late-in-life college football career earned him worldwide media coverage, but this unprecedented accomplishment was neither the beginning nor the end of his claim to fame. During his remarkable life, Tom (a 10th degree black belt Tae Kwon Do grandmaster) has worked out with Chuck Norris, partied with Elvis, borrowed money from the mob (and lived to tell about it), married a beauty queen and had a personal encounter with God. While he has earned his share of success and accolades, Tom is the first to admit that he’s experienced more than his share of spectacular failures along the way—professionally, financially and personally.

Born into an affluent and privileged, yet dysfunctional family, Tom was married and divorced four times before meeting and marrying Teresa, to whom he has been happily married for more than 25 years.

Then, at age 45, he had an epiphany. Having already made and lost several fortunes in the volatile Texas real estate market and the physical fitness industry, the serial entrepreneur found himself restless and in need of a change. Heeding the advice of some wise mentors, Thompson headed back to school to complete the undergraduate degree he had abandoned as a young man. To his surprise and delight, he discovered that by consistently setting and reaching small achievable goals, he was able to create great momentum for larger, more challenging goals.

The result: Thompson not only completed his undergraduate studies, but at an age when most people are contemplating retirement, he joined a college football team and made sports history; he also went on to earn multiple advanced degrees, including his doctorate and two master's degrees, in Kinesiology, Organizational Leadership, Strategic Leadership, and Teaching. He now lectures to both lay and academic groups, has co-authored numerous articles in peer-reviewed academic journals, and is the author of several books, including his inspirational autobiography, ***Kick Start***, his motivational book, ***Get a Kick Out of Life: Expect the Best of Your Body, Mind and Soul at Any Age***, co-written with Christopher P. Neck, Ph.D., a respected pioneer in the field of self leadership (*Mastering Self Leadership: Empowering Yourself for Personal Excellence*) and Alice Sullivan (co-author of Thompson's autobiography, *Kick Start*), and his collaborative new book, ***The Life Coach***, which he penned with his former college football coach. Part inspirational memoir, part Texas football

history, and part motivational guide for leaders, *The Life Coach* delves into how to juggle the good, the bad, and the ugly parts of everyday life. Each chapter some of Coach Gage's life story, which includes his marriage to his high school sweetheart, 42 years' worth of wins, losses, and ties in one of the most competitive football environments in the country, along with the trials, tribulations, and ordinary victories of a life well lived. Thompson adds a special "Huddle Up with Tom Thompson" section to each chapter, gleaned lessons for leaders from Coach Gage's story.

The new book, which released in October 2019 from Clovercroft Publishing, builds on Thompson's background as an NCAA football record holder, physical fitness expert, and academic researcher, and Gage's remarkable reputation as one of the winningest coaches in Texas high school football history to deliver its potent, life-affirming message.

"It's never too late to live your best life," Thompson declares. "You can harness the power of the body, mind, and spirit to live your most fulfilling life yet!"

Thompson believes his purpose in life is to encourage people of all ages to live healthy and fulfilled lives, to discover and reach their full potential, and to develop a deeper faith in the process.

"The boomer generation that is approaching retirement age is more well educated, healthier, and motivated than any previous generation in American history," says Thompson. "They have a tremendous amount of work experience and life skills that can provide a multitude of opportunities. If my story says anything, it is that it is never too late to re-imagine what you want your life to be."

Thompson's other books include *Fit To Lead: The Proven 8-week Solution for Shaping Up Your Body, Your Mind, and Your Career* (St. Martin's Press), which he co-authored with Christopher P. Neck and Charles C. Manz (respected pioneers in the field of self leadership, and co-authors of *Mastering Self Leadership: Empowering Yourself for Personal Excellence*) and Tedd L. Mitchell (president of the Texas Tech University Health Sciences Center, former CEO of the Cooper Clinic, and former health editor for *USA Weekend*), and his inspirational and motivational autobiography, *Kick Start*, co-authored with Alice Sullivan.

Thompson is a businessman, motivational speaker, assistant football coach and an adjunct professor at Austin College. He recently joined the team at Evil Cowboy Hot Sauce as Brand Ambassador for the tasty Texas condiment. Tom and his wife, Teresa, reside in Coppell, Texas, and have three children—Eric, Rachel and Jon Rawles.

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