



GAMMS UNLIMITED, LLC  
Maxine P. Phillips, President  
*"Transforming Generations Through Life and Career Coaching"*

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I've had the privilege of meeting some amazing people in my time as an education and career consultant. Along this path, Marques Ogden has been a beacon of light shining his leadership for both young and old. His personal story is an inspiration to me.

As a sponsor of his brand, I know how busy he is traveling and speaking and promoting his book; nonetheless, taking the time to speak to the attendees of my first conference "Putting on the Whole Armor" spoke to his character and gave truth to his testimony. Marques shared how he uses his spiritual principles, defines values and sets goals all while encouraging our conference attendees to "put on your armor" even when a business decision does not have favorable outcomes. His story is an example for others to know and understand that just because you are down, does not mean you cannot get up and fight to restore yourself. The lessons he learned helped him to create the five business tips he gave attendees as simple yet priceless method on how to achieve realistic results in whatever they may pursue.

From his life story, the spontaneous acceptance of my request to join my LinkedIn to accepting my request to speak at the Whole Armor conference, Marques confirms my belief that we can help others just by sharing our knowledge, life experiences and wisdom. We both understand that we can assist others to change their direction in life to a positive outcome. His book, *Sleepless Nights - The NFL: A Business and Family* makes an excellent read for others to learn how it's possible to not only recover from certain decisions but also see how he can rise up to help both youth and adults get back on their path towards their own greatness.

I beamed when Marques shared how much journaling played into his life. He shared journaling is where he recorded his football plays. His agreement that journaling is an amazing tool and that it can be used anywhere, anytime and for any reason by anyone encouraged me to continue to show people the power of journaling. Journaling is one of the main tools I used as a Life Coach and I highly endorse it. I look forward to reading more books written by Mr. Marques Ogden and partnering with him in helping our youth become who God created them to be. We both understand there is a career beyond sports. He definitely practices what he teaches! Much continued success, my friend!

Maxine Phillips  
Owner of GAMMS Unlimited  
Youth & Adult Life/Career Coaching