

Jay Bilas

AUTHOR · SPORTS PERSONALITY

Renowned ESPN Analyst, Bestselling Author, and Leadership Expert



About:

- **Gender:** Male
- **Nationality:** United States
- **Languages:** English
- **Travels from:** United Kingdom

Engagement Types:

- Moderating and Emcee
- Speaking

Topics:

- Leadership & Management
- Mindfulness & Resilience
- Peak Performance
- Personal Development
- Team Leadership

Biography Highlights

- Emmy-nominated ESPN analyst and former professional basketball player, widely respected for his insights on college basketball.
- Author of the New York Times bestseller *Toughness*, focusing on mental strength and leadership in sports and life.
- Duke University School of Law graduate and practicing attorney, bringing a unique perspective on leadership, teamwork, and excellence.

Biography

Jay Bilas is one of the most respected and influential voices in sports, with a remarkable background that spans sports, media, and the law. He is an Emmy nominated ESPN analyst and a *New York Times* best-selling author of *Toughness: Developing True Strength on and Off the Court*. The book reveals the secrets of mental and physical toughness through personal stories and interviews with inspiring leaders.

Jay played basketball at Duke University under legendary coach [Mike Krzyzewski](#), helping the team reach the 1986 NCAA Championship Game. Jay was drafted by the NBA's Dallas Mavericks, and went on to play professionally abroad in Italy and Spain. He then returned to Duke as an assistant coach, winning two national championships. Jay joined ESPN as a college basketball analyst & expert commentator and hosts ESPN's popular road show, College Game Day.

Jay graduated from Duke University School of Law and is a practicing attorney at Moore & Van Allen. He serves on the Board of Advisors of the John R. Wooden Award, the National Board of Coaches, and Duke University Children's Hospital. Jay resides in Charlotte, North Carolina.

Videos



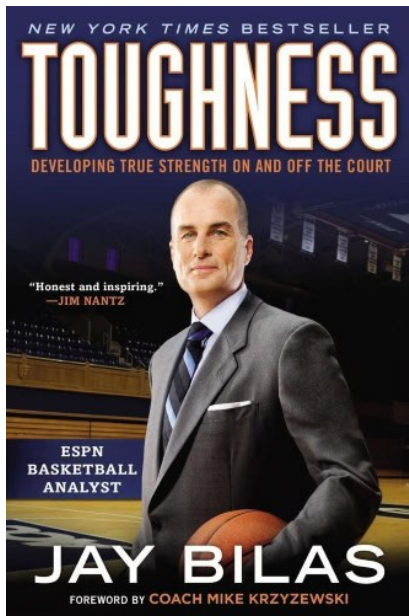
Jay's Topics

Leadership in the Age of Disruption: Winning Strategies for Turbulent Times

In this speech, Jay Bilas focuses on how effective leadership can guide an organization through times of rapid change. Jay draws parallels between leadership in sports and corporate leadership, emphasizing adaptability, resilience as key strategies for success in today's fast-paced and changing business environment. He provides practical and actionable advice on how to lead effectively through disruption, uncertainty, and crisis while staying true to one's values and vision.

Available: In person, Virtually

Books



Toughness: Developing True Strength On and Off the Court

ESPN basketball analyst and former Duke player Jay Bilas looks at the true meaning of toughness in this New York Times bestselling book that features stories from basketball legends. If anyone knows tough, it's Jay Bilas. A four-year starter at Duke, he learned a strong work ethic under Coach Mike Krzyzewski. After playing professionally overseas, he returned to Duke, where he served as Krzyzewski's assistant coach for three seasons, helping to guide the Blue Devils to two national championships. He has since become one of basketball's most recognizable faces through his insightful analysis on ESPN's SportsCenter and College GameDay. Through his ups and downs on and off the court, Bilas learned the true meaning of toughness from coaches, teammates, and colleagues. Now, in *Toughness*, he examines this misunderstood--yet vital--attribute and how it contributes to winning in sports and in life. Featuring never-before-heard stories and personal philosophies on toughness from top players and coaches, including Coach K, Bob Knight, Grant Hill, Mia Hamm, Jon Gruden, Tom Izzo, Roy Williams, Bill Self, Curtis Strange, and many others--Bilas redefines what it takes to succeed.

[BUY THE BOOK](#)

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Jay Bilas is available to book via these agencies

✔ **Recommended**

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