

## Chris Borland



### **PERSONAL INTEREST STATEMENT AND SKILLS.**

Pro Football Focus: “Chris Borland's run stop percentage of 21.3% is the highest of any ILB with at least 200 run snaps in the PFF era”. 2007-2014.

The skills and the personal habits I have developed over time that allowed me to be successful as a professional athlete have translated to success in life after football.

Preparation. Working under pressure. The importance of playing a specific role on a team; I have done it all. I've led quietly by example and I've led from the front both by example and vocally; I've met the press (often immediately after wins and losses); I know how to win and I know what it takes to rebound from a disappointing loss. I've hosted and guided new recruits and their families and feel very comfortable in that role. I was a two time captain at the University of Wisconsin. Injuries have taught me perseverance.

I live with a purpose, share successes, and serve the community.

### **EMPLOYMENT**

The San Francisco 49ers, Santa Clara, CA 2014 – 2015 Professional Athlete  
The Carter Center, Atlanta, Georgia 2016 Mental Health Program Intern  
The Center for Healthy Minds, Madison, Wisconsin Special Advisor to NFL pilot study  
T Mindful LLC, Founder & CEO 2017-2019  
Search Inside Yourself Leadership Institute

### **EDUCATION**

University of Wisconsin, Madison Wisconsin 2013  
B.A. History GPA: 3.0  
2013 University of Wisconsin Male Student Athlete of the Year

### **SERVICE**

Uplifting Athletes, University of Wisconsin Chapter, Co-founder and current Vice President of Uplifting Athletes National Letterman's Club

Badgers Give Back, University of Wisconsin Athletic Department, Madison, WI. In 2013, led all UW Student Athletes in recorded hours of service to the community (125).  
2014 San Francisco 49ers Community Relations Service Award

Co-Creator of American Provenance Male Apothecary gift set benefiting Gridiron Greats, an assistance fund for former football players in dire medical and financial need.  
<http://bit.ly/2CyuP7k>

Completed an Ironman relay for Gridiron Greats Assistance Fund <http://bit.ly/2zepiDj>

Vipassana meditator and server.

## **RECOGNITION & AWARDS**

- NFL, 2014 All-Rookie 1<sup>st</sup> Team
- NFL, 2014 Pro-Bowl, Alternate
- NFL, 2014 Defensive Rookie of the Year – 1 vote.
- 49ers, 2014, Lead team in Tackles
- 49ers, Thomas Herrion Memorial Award, Voted by the Coaches
- 49ers, Community Relations Service Award, Rookie Player Award
- 2014, ESPN College Player of the Year in Wisconsin
- 2013 Lott IMPACT finalist (honoring college footballs defensive best in performance and character)
- 2013, University of Wisconsin Male Player of the Year (All Sports)
- 2013, All-American
- 2013, Big Ten Defensive Player of the Year, Big Ten Linebacker of the Year, 1<sup>st</sup> Team All-Big Ten, and Big Ten Sportsmanship Award. Hold Big Ten record for forced fumbles.
- 2013, University of Wisconsin Football Team Captain and MVP. Hold a number of UW Football All-Time and season records.
- 2012, Team Captain, elected by the players.
- 2011 & 2012, Various All-American, Big Ten and UW awards.
- 2009, Freshman All-American, Big Ten Freshman of the Year, UW Freshman of the year and Honorable Mention All-Big Ten.
- Concussion Legacy Foundation Concussion Awareness Advocate Impact Award 2015

## **SPEAKING**

ESPN Outside the Lines-March 2015

CBS This Morning- March 2015

Face The Nation- March 2015

Lecturer at The University of Wisconsin, History Department ‘Sports and Society’ - April 2015

Panelist at Harvard University Humanist Hub- April 2015

Lecturer at Stanford University- May 2015

Conference speaker at National Summit on Sports Concussions- June 2015

ESPN Outside the Lines - August 2015

Keynote speaker and panelist at American Academy of Neurology Conference- October 2015

Keynote speaker at The Conference on World Affairs at the University of Colorado-Boulder April 2017

Panelist at the Powering Precision Health Conference, Cambridge, Massachusetts October-2017

## **PERSONAL**

I enjoy literature, nature, sports, and spending time with family and friends. Travel is also a passion of mine. I completed the San Francisco Marathon in 2015, and have run a number of half marathons since!

## **REFERENCES**

### **Educational:**

Sean Dinces, Professor, University of Wisconsin, Sports History  
Brian Goldstein, Professor, University of Wisconsin, History  
Scott Burkhardt, University of Wisconsin, Academic Advisor

### **Service:**

Joanne Pasternack, Director of Community Relations, San Francisco 49ers  
James Gilmore, Development Program Manager of American Family Children's Hospital, Madison, WI  
Nancy Francisco-Welke, Vice President of Development University of Wisconsin formerly of American Family Childrens Hospital, Madison, WI  
Gross, Kayla. Director of Community Relations, Oregon State University, Corvallis, OR. Formerly with University of Wisconsin Athletic Department, Madison, WI

### **Sports:**

Jim Harbaugh, Coach, University of Michigan  
Vic Fangio, Defensive Coordinator, Chicago Bears  
Jim Leavitt, Defensive Coordinator, Oregon University  
Alvarez, Barry, Athletic Director, University of Wisconsin  
Bielema, Bret, Head Coach, University of Arkansas  
Andersen, Gary, Head Coach, Oregon State University  
Doeren, Dave, Head Coach, North Carolina State University  
Herbert, Ben, Head of Strength & Conditioning, University of Arkansas  
Simon, Evan, Head of Strength & Conditioning, Oregon State University

### **Personal:**

Edwards, Harry PhD, Cornell, University of California at Berkeley & San Francisco 49ers.  
Megessy, David, Author, Educator, Activist and former NFL union executive.  
Hayes, S.E., Entrepreneur & Instructor at Stanford University  
Davidson, Richard PhD, University of Wisconsin and Center for Healthy Minds