



QUANTAL LANGFORD

CREATIVITY + DESIGN + LIFESTYLE + ENTREPRENEURSHIP



SHOW HOST OF



HEARD ON

Helium
Radio Network



About Quantal Langford

Enjoying the creative journey is what fuels me. Finding unique ways to experiment with all of the things that I'm passionate about. Mixing and brewing. Finding various solutions to a perceived problem. I love to inspire, motivate and share different way of perceiving the world. From creatives to business owners, I give insight on how to build and develop your brand, cultivate a stronger mindset, and build a deeper heartset. I'm always an active learner and willing to share new ideas and concepts with my audiences.

Every journey is different. What I aim to do is to empower others to seek their specific creative journey and learn how to enjoy the ride-course correct when needed-while getting to your destination.

I've been a business owner for 12 + years running a branding + creative studio called Langfordesign, creating inspiration lifestyle wear with Just Heart Apparel, and running creative/entrepreneurial lifestyle show called The Creative Brew that airs weekly on Helium Radio, and developing a sci-fi graphic novel series called Seed . Married 17 years with 2 sons and 4 grandkids. I'm also a part-time wrestling coach training ammy and pro mma fighters.

Accomplishments

- Owner of Langfordesign
- NCAA DIV I Wrestler
- NCAA DIV I Championships Qualifier
- Cleveland High Wrestling Hall of Fame
- Cleveland High School Alumni Hall of Fame
- Coach to multiple NAIA Wrestling All-Americans and TSSAA State Medalists
- Member of Oceanside Chamber of Commerce

Topics

- Creativity
- Entrepreneurship
- Design Process
- Your Creative Ecosystem
- Mindset + Heartset
- Create what you Love
- Mind of a Wrestler
- Flow State
- The Creative Journey
- Podcasting
- Personal Branding



Media Appearances



As Seen In

SHOUTOUT SOCAL  astropad

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