

KREEK SPEAK

THE LANGUAGE OF HIGH PERFORMANCE BY ADAM KREEK



Seminar Topics

Make your Business Better

Teamwork • Risk • Mental Toughness • Leadership

Team What? - Teamwork & Shared Leadership

Teams are great tools if you require resiliency, risk management, and repeatable projects. Adam encourages a special form of teamwork, Shared Leadership. Hint: buy-in, communication and courage are key. Adam shares success and disaster stories from business, Olympic sport & world-class adventure to encourage participants to:

- Embrace the power and speed of trust
- Focus on both task roles & philosophical roles within teams
- Slow down and communicate
- Find the sweet spot between personal desires & team objectives

Get your audience thinking: “Wow great speech. I’m ready to be a better team player.”

Planning for Disaster- Risk Management

When disaster strikes, its too late to plan. Jobs, communities and lives are at stake. In the Bermuda Triangle 800 miles from land, Adam was trapped inside a flooding cabin when his ocean-rowboat flipped. Exceptional Risk Management preparation allowed his crew to survive this ultimate disaster without injury. Adam shares lessons from his death defying experience, the international race course and the business world to embolden your organization’s risk management culture. Have you planned effectively for risk while avoiding analysis paralysis? Do your teams have the courage to communicate risk effectively with each other? Let’s learn:

- Effective use of frank communication to mitigate risk;
- Project Management insights from three years of planning this \$500,000 adventure;
- Essential tools of visioning and preparation for the worst case scenario;
- The development of unbreakable confidence for successful execution in crisis;
- Using disaster planning to better your business bottom line.

Get your audience thinking: “Wow. I am motivated to engage in my upcoming risk management session!”

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Resiliency Under Pressure - Mental Toughness & Leadership

Lets talk about high performance psychology and philosophy. In business, our brains and spirits are our most valuable assets, but sometimes we get stuck. Top performing athletes and adventurers have the same conundrums. Hear captivating stories from Adam's Olympic campaign & his death-defying ocean adventure. Learn real tools applicable to your business & personal life. You will gain winning insights including how to:

- Learn from failure & let go of failure's baggage
- Focus on what you can control
- Understand how to take advantage of the performance/stress curve
- Manipulate your natural stress response into a powerful force of excellence

Get your audience thinking: "Wow. Great speech! I am empowered with new tools to improve my business & personal life!!"

Who is Adam's Ideal Audience?

Make your Business Better

Corporate Roadshow (Organization who has multiple events across North America)
Type-A Cultures (Fortune 500, Law Firms, Entrepreneurs)
Young Professionals (Sales, Insurance, Accounting, Engineering, Banking, etc.)
University Leadership Conferences

"The conference planning committee for our national network of supply chain professionals recently selected Adam to speak at our annual conference. We were looking for someone to motivate and engage the audience on day 2 when attention begins to wane. Adam satisfied the role wildly above and beyond our expectations – tailoring his presentation to make it relevant and stimulating for our audience, bringing the element of interaction forward, and delivering with self-effacing humour, authenticity and charisma – our attendees responded to the experience through provision of top-rated evaluations.

In particular Adam's messages around the role of diversity as a component of great teamwork and success through failure will have a lasting impact on our membership. I would strongly encourage other organizations, both large and small, to consider having Adam speak to their group – the result will be another gold-medal performance!"

General Manager, National Healthcare Supply Chain Professional Network

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Thank you for your recent participation at our Volkswagen National Meeting in Niagara Falls. Your role as our keynote speaker, wrapping up our three day annual event, was instrumental in ensuring that all of our employees left the conference in an energetic and upbeat frame of mind. We greatly appreciate your time and effort in advance of the meeting, learning the challenges that our business faces and customizing your message accordingly. This was especially commendable, given the short advance notice that we were able to provide.

As you might expect, I've been witness to many keynote / motivational speakers over the years. I truly want to say that your straightforward, genuine and energetic approach, with so many impactful real-life examples, puts you on the top of my list.

VP HR, Volkswagen Group Canada

Not having seen Adam present I was nervous of what he would deliver. Now having seen his presentation I know to trust the online videos and recommendations. He was outstanding! Adam really captured the audience's attention - they were riveted for the full hour he spoke. His stories and candid advice were highly appreciated by the 550 UK business people who listened intently. Feedback following the event called out Adam's presentation as a highlight with many attendees saying it was the best keynote presentation they had heard!

Adam tailored his presentation to our audience and used light hearted humor throughout. Most impressively he asked 550 senior business people to join him in singing the national anthem... and they did it willingly and passionately! Changing gears from business keynotes to hearing stories of team and personal success resonates with successful leaders. Adam's presentation created a great buzz and following the presentation it enabled attendees to connect and get to know each other better.

Adam was great to work with and we hope to work with him again in the future.

Sales Excellence Manager, Microsoft UK

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Plan for Disaster to Ensure Success - *Health & Safety*

When disaster strikes, its too late to plan. Jobs, communities and lives are at stake. In the Bermuda Triangle and 800 miles from land, Adam was trapped inside a flooding cabin when his ocean-rowboat flipped. Exceptional safety preparation allowed him to survive this ultimate disaster. Adam shares lessons from his death defying experience, the international race course and the business world to embolden your organization's safety culture. Have you planned effectively for risk while avoiding analysis paralysis? Do your teams have the courage to communicate safety with each other? Managers and front-line workers will learn:

- Effective use of frank communication in a safety culture;
- Project Management insights from three years of planning this \$500,000 adventure;
- Essential tools of visioning and preparation for the worst case scenario;
- To build your team in calm times for successful execution in crisis;

Get your audience thinking: "Wow. I am motivated to champion a safety culture. I will plan for safety and act safely."