

Adam Kreek Presentations

Adam conducts an extensive pre-event interview to ensure that his story speaks authentically to each unique audience as well as fit within the broader context of conferences and events. He works closely with his team to craft an authentic message that reinforces the best organizational goals, interests and cultures

Safety First: Courage, Communication & Stress Response

When disaster strikes, it's too late to plan. Lives, families and communities are at stake. In the Bermuda Triangle 800 miles from land, Adam was trapped inside a flooding cabin when his ocean-rowboat flipped. Each of his crew took full responsibility for an exceptional safety culture, allowing his crew to survive this ultimate disaster without injury, and in many ways, better off. Now a management consultant, Adam draws upon industry experience, his Olympic career and Ocean expeditions to teach powerful and practical strategies to sustain safety by taking personal responsibility for effective communication and stress management in high-risk work environments.

Safety can often take a back seat to deliverables, budgets and tight timelines. Personal and professional stress and exhaustion can blur decision making and behaviour. Managing communication and stress in a Safety Culture allows organizations to have more good catches, fewer near misses and reach the ultimate goal of no lost time work incidents. Safety is paramount; every team member needs to arrive home healthy to their family and loved ones. Adam's industry customized, thought provoking and behaviour changing Safety First keynotes teach participants:

- 1) Practical and effective communication and conflict resolution models for safe work environments.
- 2) Successful responses to hazardous stress triggers.
- 3) To harness courage and speak with authority under pressure.
- 4) To take personal responsibility for team Safety.

Exploring Leadership Psychology & Philosophy through Storytelling

Adam was thrust into the spotlight after his rowing team won Olympic Gold at the Beijing Olympics, then again when his rowboat capsized in the Bermuda Triangle. The first time he took the stage to share his story, he nearly died of embarrassment and failure. He was a geologist and an engineer, not a storyteller. What then followed were thousands of hours of training, rehearsal and practice in the art and science of storytelling. With time, Adam learned to tell his story in an effective and authentic way and a surprising side effect took place. Adam felt more confident, present and a sense of purpose. He could influence, lead and persuade more effectively, simply by defining his personal narrative. Adam wants to share this secret with your audience. In this presentation, you will learn to build your story in an authentic way to inspire others and build their confidence. Audiences leave with a storytelling framework that will define their ability to lead.

Why Our Fear of Failure Fails Us: How to Empower Drive, Engagement and Growth

We've got the balance wrong. A healthy fear of failure is essential. It reminds us of our accountability and emboldens the threat of consequence. But excessive emphasis on failure can paralyze productivity and stop us from achieving our best work. Risk aversion, inner-resistance, self-sabotage, procrastination, anxiety and perfectionism are all signs that we hold an unhealthy fear of failure. Successful teams and organizations require a healthy relationship with failure. Too much fear – or too little – signals future disaster. Managing your fear of failure effectively allows for individual authenticity and reclaimed confidence. And we need both for sustained success and performance. It's time to re-frame our fear of failure.

Inches: Creating and Sustaining Peak Performance: It's not Sexy and it's True: Slow and Steady Separates the Best from the Rest

At the Beijing Olympic Games, my team's goal was to gain one inch over our competition with every stroke. We won Olympic Gold by just over one second—or 220 inches. That's one inch for every stroke. The inches add up. The same is true in business, entrepreneurship, career and life: quick fixes do not drive excellence. Too often, we race for quick fix solutions, clinging to claims of easy success: "If only we could fail faster, schedule smarter or work harder". We maintain unsuccessful strategies at all costs to evade slowing down, re-strategizing and regaining our focus. The truth is, it takes focus and consistency to establish effective habits. We achieve peak performance when we prioritize the inches: powerful habits, strategies and tools that drive results. The definition of insanity is doing the same thing over again and expecting a different result. It's time to take time. Step back and implement the inches that will create and sustain peak performance.

Teamwork and Leadership in Times of Change

An incredible power is released when we work effectively together. When teams function optimally, they can be excellent tools to ensure resiliency, manage risk, and maximize achievement in times of change. When the whirlwind takes over, busyness gains priority and stress levels run high. In a fast-paced environment, we often let communication and team dynamics suffer, and the costs are significant.

Strong team culture is essential to sustain success. How can we foster authentic and lasting team culture? Reunite your team under a higher goal. Embolden the professionals on your teams to lead from within. Adam combines inspiring stories with an interactive presentation to share the concept of Shared Leadership with teams across sectors. It's time to hit the refresh button. Empower your team to navigate current and future uncertainty with confidence. Participants will gain my best practices for managing change, and the tools that are necessary for consistent self-improvement.

Platform Plus

Workshop | Be an Executive Olympian: High-performance Tools for a Stressed Out and Off-balance Workforce

The best Olympians and the best executives know that there is only one thing more important than focused and persistence hard work. What is it? Recovery. The best will recover as hard as

they work. The best figure out what works for their body and their physiological conditions. Then they exploit that knowledge. If you can recover quicker and more completely than your competition, you will be happier and get more done.

This workshop will focus on your physical, mental and spiritual states so you can return to work and family with passion, drive and vigour. Take enough time to exercise sleep and eat properly and you will create more time for the things that matter. Adam shares with you his secrets on balance, stress management and self-care. Attendees can expect to be very active and therefore should show up in comfortable clothing and be ready to move! Adam will run a workout with workshop attendees and/or teach them exercises they can do on the fly. At the end of the workshop, members will leave with a clearer picture of how their physical shealth affects their effectiveness in the professional world.

Workshop | Leadership and Team Building in Times of Change: Navigating Your Team through Rough and Calm Waters

It's not innovation, finances or strategy. It's teamwork that will give you and your business the advantage. Why? Because excellent teamwork is so unbelievably rare. When we have it, we achieve with joy and purpose. When we don't, shards of anger, envy and mistrust destroy our work.

In this workshop, Adam shares strategies for you to lead your teams to greatness. Great teammates communicate effortlessly. They pick slack up without any form of malice or expectation of future payback because they know the action is reciprocated. The result? Success, satisfaction and high spirits.

But then there's that pesky thing called change. Markets change. Business strategies changes. A technology disrupts your industry. You get new personnel or new management. Family is no different. You get a new child. You get divorced. You get married. Adam has served on teams in diverse situations, from recourse extraction in Canada's North, to racing shells in European rivers, from journalism in world cities to board rooms in Toronto and Vancouver Island, not to mention being one of a four-man team who took a little row boat across the Atlantic Ocean. He has seen some of the best team and leaders of teams operate and wants to share these secrets with you.

This workshop is geared towards leaders and managers of teams who want more skills to manage times of stress and change. At the end of this workshop, members leave with a set of communication tools and management techniques. They are emboldened to lead their teams by example. Members will have participated in interactive exercises where Olympic rowing and adventure is used as a metaphor for building effective teams.

Workshop | Inches: Small Steps to Help You Achieve Your Next Gold Medal Moment

Small actions add up to accomplish great things. We all know this but we don't always act upon it. That's why I have designed this workshop. To give you a nudge, a tap or a gentle push in a positive direction. A good reframing of the tried and true recipe for success.

Adam believes most of us know the recipe but we often get caught up in the whirlwind of life. We stumble in our execution and application. We get impatient, frustrated, anxious, depressed. Moreover, we are inundated with manic-depressive messages that encourage us to achieve a four-hour work week, or hustle for 18 hours a day.

So, what's your next gold medal moment? What's your next big thing? Hard work alone won't get you there. You'll get stuck. In this presentation, Adam shares with you the lessons he has learned from the trenches of Olympic sport, adventure and building a small-medium enterprise



business. It hasn't been easy. He'll also share with you the concepts and tools that have worked for him. They've worked for others. Maybe they will work for you too?

At the end of the workshop, members will come away with a clearer picture of their biggest goals and receive a card asking them "What's your next gold medal moment?" Members will have the opportunity to reframe their goals and challenges in a few different ways and find a lens that works for them. They will be reminded of what truly matters and find perspective on their life journey and current professional journey.

***Free optional offering with a keynote or workshop booking: Conference Fitness Program**

Join Adam for a fun and invigorating early morning fitness session at your next conference. All abilities welcome and encouraged to attend! At no additional cost, we offer all keynote clients the option of booking Adam to lead a pre-breakfast outdoor fitness session. This option is guaranteed to refresh, energize and kick off the conference day for all. Most importantly, this session is all inclusive: all age, all body shapes, all fitness levels are welcome. If the only people who show up are the three exercise freaks training for their next seven marathons, Adam will sweep the halls knocking on room doors. He looks forward to meeting the mother of four who hasn't put on her running shoes in three years, and the manager who knows his beer gut needs to shrink. Get out of bed and get moving: 6:29 am, rain or shine.

Adam's outdoor fitness session is inspired by his local November Project. Adam will provide participants with fun, motivation and exercise that will renew energy, increase confidence and be the best start to your conference day.