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**Olympic Gold Medalist; Teamwork, Leadership  
& Strategic Business Management**

<https://www.kmprod.com/speakers/adam-kreek>

## Bio

Adam Kreek is one of North America's top Executive Business Coaches, who specializes in and speaks on teamwork, leadership development, strategic planning and values driven achievement.

A two-time Olympian, and during his 13 year rowing career, Adam won over 60 medals, 27 in international competitions, with 43 of these being gold medal or first place performances. Adam and his team powered their way to a gold medal at the Beijing 2008 Olympic Games. Following his Olympic career, Adam was elected to the Canadian Olympic Committee to direct sports policy in Canada. In 2013, Adam made the first-ever attempt to row unsupported across the Atlantic Ocean from Africa to America, the subject of the *NBC Dateline* Documentary, *Capsized*.

He has degrees and certifications from Stanford University, UBC Sauder School of Business, and Queens Smith School of Business. He is a guest lecturer at the University of Victoria and teaches strategies and skills of self-leadership, leadership, high performance and perseverance to corporate and government teams globally through keynotes, workshops and online seminars.

Adam has coached, trained and taught hundreds of thousands of people, including teams at Microsoft, General Electric, Mercedes-Benz, L'Oreal, Shell, YPO, EO, TEDx, and most

importantly, Adam walks the talk. As an Entrepreneur, Adam runs two small corporations – KreekSpeak Business Solutions and Ergo Eco Solutions, a low carbon initiative that connects small businesses with small governments.

Long-term clients include leadership teams from the Aerospace, Finance, Public Service, Nutrition and Clean Energy Sectors.

Adam's bestselling book, *The Responsibility Ethic*, teaches us the how of self-leadership, driving personal and professional results in individuals and organizations.

## Topics

### **The High-Performance Reset: Unleash Your Inner Olympian**

- Reset your physical, mental and spiritual health
- Research-backed and empirically driven tools
- Personalize your self-care to combat stress
- A meticulously designed anecdote to the persistent stress of high-demand environments that addresses burnout and reduced productivity issues. Adam – an Olympic Gold Medalist and seasoned Executive Business Coach – brings unique, battle-tested perspectives on sustaining high performance while maintaining personal well-being.

Drawing on researched-backed personal experience from professional athletics, business, and adventure – the audience gains a dynamic, inspiring, and profoundly transformative keynote tailored for mid-level managers, sales teams, and entrepreneurs. His mission: equip you with the tools to navigate and thrive amidst the pressures of your demanding roles.

### **A Reset for Leaders & Teams: A Gold Medal Guide to Delivering Results Alone, Together**

- Uncover elite motivation, the best tools to energize leaders and team dynamics
- Optimize your team dynamics with the right people in the right seats
- Upskill leaders with effective tools for influence, achievement and engagement

In today's competitive business landscape, effective teamwork and leadership are more critical than ever. Leaders must work as a team, yet will often do their most productive work alone. Top leaders know how to work alone, together. Delivered by bestselling business author, executive coach and Olympic Gold Medalist, Adam Kreek, this keynote provides a unique perspective on these essential skills.

Drawing from his experience in elite sports, Adam presents practical strategies and tools to improve team collaboration, enhance leadership, and align goals within organizations. This keynote addresses the everyday challenges of disengagement, ineffective leadership, and misalignment of goals, all of which hamper productivity and growth. Adam's compelling narrative, enriched with real-life stories and proven strategies, leaves audiences inspired,

equipped and ready to transform their teams and organizations.

## **The Resiliency Reset: Navigating the Uncharted Waters of Transformation**

- Build a map to navigate the peaks and troughs of change
- Create the ability to respond more effectively to change with toughness and resiliency
- Move from drama to individual empowerment in the unpredictable

In an era marked by rapid change, uncertainty, and less personal responsibility, Adam Kreek's keynote provides crucial guidance to navigate uncharted terrain. Drawing on his diverse experiences as an Olympic athlete, seasoned expedition leader and award-winning executive business coach, Kreek offers real-world wisdom to help individuals and organizations become more resilient and adaptive.

Audiences are lifted by a blend of personal stories and practical tools that foster a growth mindset, effectively change management and navigate the ebbs and flows of work and life. This transformational experience empowers participants to embrace change as an opportunity for growth rather than a threat, leading to enhanced performance, well-being, and success.

To inquire about Adam Kreek's speaking schedule & [\*\*booking Adam Kreek, contact us.\*\*](#)