



**Kreek Speak** specializes in facilitating constructive action. We strive to augment the culture of strong organizations through focused teaching in key areas of Shared Leadership, Change Management and Health and Wellness. Practical tools and techniques offer opportunities for employees to develop their performance potential at work and in personal life, stimulating increased engagement and satisfaction.



*In my role as a keynote speaker and workshop facilitator, I offer new and invigorating perspectives on success, achievement, health and fulfillment. The right words, offered in constructive settings, act as powerful catalysts of change.*

*I would love to work with your organization to build stronger teams, manage success and overcome failure, and effectively deal with change. I aim to create a warm and energetic presentation environment where peak emotions like laughter, sorrow and wonderment combine with great stories and authentic audience participation to create a memorable learning environment.*

*It takes consistent, practical action to sustain betterment. It's not what you know, believe or wish for, it's whether you apply your thoughts and ambition and act. Join me and empower yourself and your team to reach your potential in leadership, team work and health and wellness realms. Take action - begin living your solutions.*

- Adam Kreek, Principal, Kreek Speak



## ***Kreek Speak Offerings***

*Kreek Speak* targets three key theme areas required for success across disciplines:

- ◆ **Shared Leadership and Teamwork.** How to generate teams filled with leaders to maximize group potential and resilience.
- ◆ **Managing Change for Success.** Tools and strategies to overcome internal and external obstacles in the face of change.
- ◆ **Optimum Health and Wellness.** Simple, practical and science-based strategies for peak health and wellness.

*Kreek Speak* curricula inspires change through three mediums:

- ◆ **Keynotes** are designed to inspire action in each of the three theme areas named above. Engaging stories, interactive dialogue, guided visualization and active rehearsal of new skills and tools are woven into each keynote. Keynotes are tailored to group audiences across disciplines in corporate, government, not-for profit, professional, sales, entrepreneur, arts, and educational sectors.





- ◆ **Workshops** provide hands-on, in-depth, and interactive learning in one of Kreek Speak's three theme areas. Ideal for corporate teams, or smaller group audiences, all workshops are tailored to meet specific team and organizational goals.
- ◆ **Custom Group Forums** present a unique opportunity for small teams to learn new and successful ways of interacting. These strategies are applied in challenging and accessible outdoor team experiences. Team dynamics are stretched in safe and guided environments. For example, a team develops the skills of flat-water rowing, while exploring the fundamental attributes of high-functioning teams. Topics in this workshop include building constructive group norms, practicing success visualization, adopting an ethic of Shared Leadership, channeling internal energy for peak performance, techniques to manage group moral, and other.

For past clients, testimonials, and for more information please visit our website at [www.KreekSpeak.com](http://www.KreekSpeak.com).