

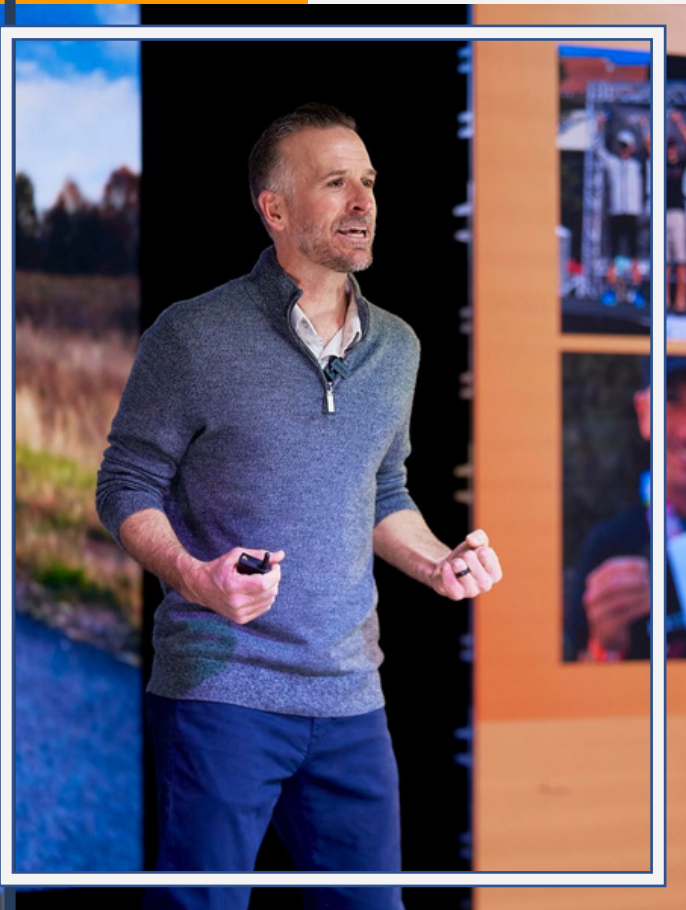


**ADAM C. HILL**

Keynote Speaker

# See Why Adam is the Perfect Speaker for Your Next Event

Presentations that inspire, ignite, and influence audiences to rise above fear and achieve new levels of fulfillment



As leaders, we must accept that we WILL face adversity. It takes courage to rise to the level of our potential and realize a powerful vision.

Adam combines compelling personal stories of extreme transformation with action-oriented frameworks that drive individuals to lead their lives and their teams with courage, conviction, and a renewed mindset toward what is possible.

Adam speaks with passion, clarity, authority, and humor that keeps audiences engaged and entertained.

“Fear: First you fight it, then you face it... Then, you rise up and embrace it.”

## Meet Adam

Adam Hill is a nearly 9-Figure CEO, world championship qualifying triathlete, coach, bestselling author and international speaker.

As the CEO of a 4th generation family business, Adam has led his 100-year-old company through economic change, cultural change and leadership change to profitability and long-term sustainability. Leading a team, or even just ourselves, through significant transformation takes courage. Unfortunately, many people are overwhelmed by the barrier of fear. Fear that stops them from reaching their potential.

After overcoming more than a decade of alcoholism and unhealthy life habits, Adam reframed his inner fear and anxiety disorder and transformed it into a superpower, becoming an elite long-distance triathlete going from non-athlete to qualifying for the Ironman World Championship in Hawaii in just four years. He has shared his story of extreme transformation with thousands of people through television, media, podcasts, and live events. In 2017, his successful attempt to qualify for the Ironman World Championship was featured on an episode of the NBC Sports series, *Ironman: Quest for Kona*. Subsequently, he was featured on the Ironman World Championship Preview Show and the Ironman World Championship broadcast that same year.

He has also been featured in Ironman.com, Triathlete Magazine, MindBodyGreen, Huffington Post, and NBC Sports as well as spoken for performance organizations all over the US.

Today he is a highly sought-after international speaker and bestselling author of “*Shifting Gears: From Anxiety and Addiction to a Triathlon World Championship*”. He also hosts the top 5% global podcast, *Flow Over Fear*. His purpose is to help dreamers and high achievers rise above fear and realize their ultimate potential in leadership and life.

Through both his experience and expertise, Adam’s goal is not simply to inspire and entertain, but leave audiences with meaningful, actionable methods to rise above fear and find the courage to lead and grow. Through his frameworks, Adam provides powerful tools to master mindset, become more disciplined, improve overall wellbeing, and level up performance through greater flow and fulfillment.

When he is not running a 100-year-old family business, speaking, coaching, or chasing new levels of achievement, chances are he is wearing a Speedo in front of a camera, attempting to create humorous media content. Whether or not he's successful with that, you can be the judge.



154	Adam HILL	10:51:39
756	Jens RIX	10:51:35
2150	Hann DEPAUL	10:36:34
1502	Oliver URZEM	10:51:30

# Signature Program

## Freedom Beyond Fear:

### Overcome Fear and Realize Your Ultimate Potential

*Customizable 60 Minute Keynote*

#### Program Bio

Do you have big dreams that you are putting off or giving up on because of uncertainty or self doubt? Do you ever find yourself overwhelmed and on the brink of burnout?

When you make a commitment to pursue big dreams or goals, it is easy to become discouraged when fear or limiting beliefs get in the way. They can feel like obstacles to achievement.

But what if those fears weren't obstacles to be avoided, but signals for opportunity to be embraced?

In the *Freedom Beyond Fear* program, audiences will learn valuable insights in how to evolve their relationship with fear - from fighting it, to facing it, to embracing it – and be given simple strategies to transform fear and limiting beliefs into freedom and flow.

Through his inspiring story of overcoming a debilitating anxiety disorder and alcoholism and becoming a world championship qualifying triathlete and successful nine figure CEO, Adam Hill invites audiences to develop a new and empowered relationship with fear – one that results in a high flow life - by letting go of the idea that we have to “get over” fear, and instead learn to rise above it through simple and actionable strategies that will change the course of how we lead and live.

#### After hearing Adam Speak, audiences will...

- Discover the root causes to our fears and limiting beliefs, and how they lead to discouragement and despair.
- Learn the three virtues that can help us overcome those fears limiting beliefs.
- Develop the strategies to turn our everyday fears into fuel.
- Tap into higher levels of courage, conviction, and confidence in our careers, relationships, and our lives.
- Learn the secret of the 80% / 5% Formula for finding greater flow.

# Topics Available for Panels or Interviews

Adam can serve as an engaging expert panelist on a variety of subjects, including...

## Personal Development

- Overcoming Adversity
- Extreme Transformation
- Mindset
- Discipline
- Empowerment
- Daily Habits

## Mental Wellness

- Anxiety\*
- Addiction Recovery\*
- Courage and Confidence
- Overcoming Self Doubt

## Fitness and Nutrition

- Endurance Training and Racing
- Triathlon
- Simple Nutrition Strategies
- Achievement Oriented Fitness
- Healthy Lifestyle Habits

## Leadership

- Inspiring Leadership
- Vision Building
- Team Building
- Sustainability
- Multigenerational Family Business Dynamics
- Managing Change
- Culture Shaping

\*Important note: Adam Hill is not a doctor or therapist, and does not provide medical diagnosis or advice

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## In the Media

“Adam Hill is the King of Tri Comedy”  
- Triathlete Magazine

Adam Has Been Featured In...



mindbodygreen

THE  
HUFFINGTON  
POST

triathlete  
MAGAZINE

IRONMAN®

# Testimonials



“I was blown away by Adam’s transparency as it relates to his experience, desire to learn from all of the circumstances in his life, and willingness to help others. I highly recommend Adam to any organization that is looking for speakers who are committed to changing their lives, as well as those around them!”

**Oleg Loughheed**  
**The Overcoming Odds**  
**Podcast**



Adam has been a speaker for my Wellness and Success Forums. He has a unique way of combining his quirkiness and wisdom in a way that really connects and captivates the audience.

**Niomi Hurley**  
**Founder**  
**South West Success Forum**



“His delivery is as clear as it is vulnerable making Adam incredibly relatable to all types of audiences. The essence of his struggle to find happiness and health is one that we all will face, more than once, throughout our lives and his journey brings the light of hope to many who hear him speak.”

**Jess Gumkowski**  
**Co-Owner**  
**Yogi Triathlete**

# Testimonials



His story, energy, and attitude inspired a great response from our team. While Adam has a captivating and entertaining story to tell, the tangible takeaways he provided to us stood out to me in terms of biggest value to our business. Mindset is so important to success, and Adam has a connective way of driving that point home.

**Mike Tucker**  
**President**  
**Stego Industries**



Adam is an entertaining and engaging speaker who deftly uses humor to make intense topics more palatable than they otherwise would be. Adam is also excellent at responding to audience questions; he listens to questions carefully and formulates answers accordingly.

**Jason Davidson**  
**DC Tri Club**



Adam's whole concept of embracing fear tied to his story of conquering addiction... Experiencing fear to embracing it... a really powerful and unique message.

**Fred Joyal**  
**Founder**  
**1-800-DENTIST**



This is someone who knows how to overcome fear in a very unique way. His story is so moving. What a powerful speaker!

**Kristen Hartnagel**  
**Brand Strategist**  
**Brand Builders Group**



# FLOW OVER FEAR

## Podcast



The Flow Over Fear Podcast is a top 5% globally rated podcast hosted by Adam Hill, helping the audience to rethink their relationship with fear. Adam interviews high performers in business, athletics, and life, highlighting the “human” side of high performance.

Flow Over Fear is available on Apple Podcasts, Spotify, and YouTube among other platforms.



**Top 5%**

Global Podcast



**1,000+**

Monthly Downloads

Amazon **#1** Best Seller



# Shifting Gears

From Anxiety and Addiction to a  
Triathlon World Championship

**“You do not need to be an athlete to be inspired by Adam’s story. Just read this book and discover your own personal power as you walk with Adam on his path to sobriety, faith, fulfillment, healing, and happiness.”**

**-Peter Vidmar - Gymnastics Champion and  
Olympic Gold Medalist**