



Become the Leader You'd Want to Follow

Derek Deprey

AUTHOR | SPEAKER | COACH

Derek's passion in life is to **help you become the leader you'd want to follow**. After seven years in basketball operations at the NCAA Division 1 & NBA levels, thirteen years in the fitness industry, and three years in the automotive industry, he turns managers into leaders at **Fit to Lead** as an author, keynote speaker, and leadership coach. Derek is the author of 2 books, *SHIFT: Move from Frustrated to Fulfilled* & *Everyday Leaders: Small Actions, Big Results*. When Derek isn't geeking out on leadership, he's working out, coaching youth basketball, or carting his daughters all over like an Uber driver.

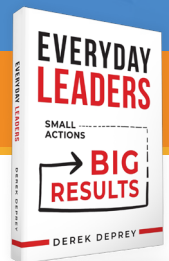


SHIFT: Move from Frustrated to Fulfilled

Every day, we move in one direction or another. We're free to choose from endless possibilities. Only you can choose the direction for the rest of your life. Whether you are a seasoned executive, emerging leader, stay-at-home parent, or college student, frustration is inevitable. Now is the time for you to SHIFT from, "I'm so busy and stressed," to, "I'm living my ideal life right now." In this presentation, Derek will teach you a 5-gear process that you can apply in your personal and professional lives. Each gear will uniquely move you from frustrated to fulfilled. Discover how to make today the day you are inspired to change. It's your next move!

KEYNOTES

EVERYDAY LEADERS: Small Actions, Big Results



For too long, our recognition of leadership has been reserved to a select few – presidents, CEOs or historical icons. We have been captivated by charismatic figures on the cover of Forbes or viral sensations on social media. But what about the everyday leaders who have shaped us on a personal level? The parents, mentors, teammates and family members who have left an indelible mark on our lives? It's time to reimagine leadership, to celebrate the silent influencers and to recognize that each one of us possesses the power to lead. Are you ready to step into your role as an everyday leader?

WORKSHOPS

FOR ALL EMPLOYEES

- **Work & Life Happen: Build an Aligned Life for Personal & Professional Success**
- **Execute: 10 Habits That Will Transform Your Work & Life**
- **Live Well, Lead Well: 5 Practices to Feel Better in Work & Life**
- **Becoming a Person of Influence: How to Positively Impact the Lives of Others**
- **Everyone Communicates, but Few Connect: What the Most Effective People Do Differently**
- **The Miracle of Teamwork: Together We Can Do the Impossible**
- **Every Job Matters: Appreciate People & Celebrate Success**

FOR MANAGERS & EMERGING LEADERS

- **The 5 Levels of Leadership: Proven Steps to Maximize Your Potential**
- **Establishing Credibility as a Leader**
- **Tackling Your Top Priorities at Work**
- **Increasing Emotional Intelligence & Deescalating Situations**
- **Giving Feedback & Having Difficult Conversations**
- **Assigning Work & Setting Expectations**
- **Driving Accountability & Disciplining Employees**
- **Motivating Employees Through Performance Reviews, Stay Interviews & Quarterly Conversations**
- **Coaching Employees & Leading Development Plans**

DEREK IS PROUD TO HAVE WORKED WITH



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BIOGRAPHY

BECOME THE LEADER YOU'D FOLLOW

Derek's passion in life is to help you become the leader you'd want to follow. Much of his day is spent turning managers into leaders as an author, keynote speaker, and leadership coach.

HEAD OF EMPLOYEE SUCCESS

Derek spent three years as the head of employee success and director of leadership development for ETE REMAN, the nation's largest remanufacturer of transmissions and a USA Top Workplace. At ETE, he taught over one hundred managers the core principles of leadership, management, and personal development.

WAC LIFE & THE JOHN MAXWELL TEAM

Before ETE, Derek spent twelve years at the Wisconsin Athletic Club (WAC) as the director of people and service, director of training and development, and general manager. He became a certified speaker and coach with the John Maxwell Team during his tenure.

STARTING FIT TO LEAD

Shortly after joining the WAC, Derek couldn't get enough of what he was studying, learning, and applying, so much so that he created his business, Fit to Lead. Through keynotes, workshops, and coaching, Fit to Lead gives your people-leaders a roadmap with the tools to create or refresh their leadership skills.

WRITING BOOKS & PROFESSOR DEPREY

In 2017, Derek published the book SHIFT: Move from Frustrated to Fulfilled. In 2024, he published Everyday Leaders: Small Actions, Big Results. While writing, he spent eight years as an adjunct professor of leadership at Wisconsin Lutheran College, a top-ranked college by Forbes, Money Magazine, and the Wall Street Journal.

NCAA & NBA LIFE

His diverse career endeavors included four years as a video scout in the NBA with the Milwaukee Bucks, two years as the coordinator of basketball operations in the NCAA with Marquette University, and one year as the director of player development with the University of Utah.

FAMILY LIFE

Derek is a husband and girl-dad blessed with two social and active kids. When he's not geeking out on leadership, he's coaching youth basketball or carting his daughters all over like an Uber driver.

NOW IS THE TIME

If there's anything Derek's learned, it's that now is the time to build your career, shape your life, and strategically work on laying the foundation for accomplishing your dreams and prospering to your true potential. While many people try to accomplish this, very few of them are given a roadmap of where to start; thus, he hopes you will find him as your resource for getting your compass pointed in the right direction.