



Become the Leader You'd Want to Follow

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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.

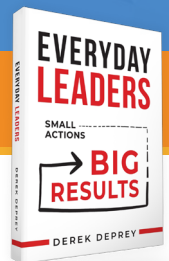


SHIFT: Move from Frustrated to Fulfilled

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

- **SHIFT: Move from Frustrated to Fulfilled**
- **Execute: 10 Habits That Will Transform Your Work & Life**
- **Live Well, Lead Well: 5 Practices to Feel Better in Work & Life**
- **Everyday Leaders: Small Actions, Big Results**
- **Everyone Communicates, but Few Connect: What the Most Effective People Do Differently**
- **The Miracle of Teamwork: Together We Can Do the Impossible**

FOR MANAGERS & EMERGING LEADERS

- **The 5 Levels of Leadership: Proven Steps to Maximize Your Potential**
- **Giving Feedback & Having Difficult Conversations**
- **Assigning Work & Setting Expectations**
- **Driving Accountability & Disciplining Employees**
- **Motivating Employees Through Performance Management**
- **Coaching Employees & Leading Development Plans**
- **Tackling Your Top Priorities at Work**
- **Increasing Emotional Intelligence & Deescalating Situations**
- **Think It Through: Mastering Problem-Solving and Decision-Making**
- **Safe Spaces, Strong Teams: Fostering Psychological Safety for High Performance**
- **Blueprint for Change: Shaping a Culture Ready for the Future**
- **Make Meetings Matter: Move from Endless Discussion to Meaningful Progress**

DEREK IS PROUD TO HAVE WORKED WITH

