

# TB

**Thriving Humans.  
Engaged Teams.  
Profitable Business.™**

# TIM BORYS

*People Performance Catalyst  
Executive Leadership Coach  
Organizational Strategy Consultant*

***Igniting the potential of people,  
teams, and organizations to thrive!***

Knowledge  
Performance  
Inspiration

**WWW.TIMBORYS.COM**

**CAPS**   
A proud member of the Canadian  
Association of Professional Speakers



# MEET TIM BORYS

“*Tim inspires audiences and companies everywhere to experience renewed happiness, health, and performance.*”

- Brian Lee, CSP

## The Costly Problem

**Burnout, disengagement, and stalled performance are costing organizations billions every year.**

*Current leadership, culture, and technology initiatives are failing to address the root causes. The real issue is a disconnect between business strategy, leadership, and human performance.*

## The Strategic Solution

**Connecting people performance to business strategy, leadership, and corporate culture, provides an operational engine to creating workplaces where: humans thrive, teams engage and execute, and profitable growth is sustained.**

## Tim's Vision

**Tim believes that the future of work will belong to companies that strategically cultivate mindsets and cultures where humans thrive alongside technology. Where leaders are trained to engage humans and teams because it's it's great for people AND highly profitable.**

His mission is to help leaders fix the root causes of burnout, disengagement, and underperformance by aligning people, leadership, and strategy.

For 20 years, Tim has been inspiring and challenging leaders across North America. As a speaker, coach, consultant, and author, Tim blends neuroscience, leadership, and his proprietary Human Operating System™ into practical strategies that leaders can use immediately. He has a gift for making complex ideas simple and turning inspiration into measurable results.

Tim's background as a former elite athlete, New York Yankees draft pick, and national-level coach gives him a unique perspective on performance. He knows what it takes to elevate individuals and teams to their highest potential.

Audiences love Tim's positive, energizing style and his ability to equip leaders with the tools to create lasting change, healthier cultures, and businesses that grow by design, not by accident.



## Tim's Background & Education

Tim is a former CEO and author of five books. He holds a Psychology and Kinesiology degree, a Graduate Certificate in Executive Coaching, and is a respected speaker, coach, and organizational performance consultant.



**Professional Speaker**



**Performance Catalyst**



**Executive Coach**



**Workplace Wellbeing Expert**

## CONTACT OR BOOK TIM



403.809.3235



connect@timborys.com



www.timborys.com



@timborys



# GAME CHANGING KEYNOTES

## 1 The Future Ready Leader

### *Thriving In The New World Of Work*

New skills are needed to successfully navigate the rapid pace and scope of corporate change. With insights from neuroscience, change management, and performance coaching, current and future leaders will discover the path to creating thriving teams and workplaces, whether in-person, remote, or hybrid.

## 2 The Human Advantage

### *Rewriting the Rules of Leadership in an AI-Powered World*

In an AI-driven world, great leaders blend human connection and performance skills with traditional business skills. Learn how human focused leadership drives results, boosts innovation, and builds high-performing cultures that thrive in disruption. This leadership skills shift is essential to thrive in the future of work.

## 3 From Burnout to Buy-In

### *Reinventing Culture in the Age of Disruption*

In today's hyper-disrupted world, burnout isn't a buzzword—it's a serious business risk. As organizations and teams battle constant change, uncertainty, and the endless churn of "new initiatives," leaders are left wondering: How do we keep people engaged without running them into the ground? This session tackles that question head-on.

## 4 Strategy Meets Biology

### *Designing Companies for How Humans Actually Work*

Most business strategies look great on paper—and fall flat in practice. Why? Because they forget one crucial fact: your people aren't spreadsheets. They're humans, with brains wired for connection, safety, and meaning. In this eye-opening session, we blend neuroscience, behavior change, and business fundamentals to answer a powerful question: What if we designed companies the way humans actually work? This session delivers the insights and tools to build businesses that work with human nature, not against it.

## 5 The Death of Corporate Wellness

### *Why Wellness Fails & What it Means for The Future of High Performance Workplaces*

It's time to look at workplace wellbeing from a new perspective. Billions are spent on wellness each year, yet people are still more stressed, burned out, and disengaged than ever. Learn the 7 key factors needed to transform employee wellbeing, cultivate a high performance corporate culture, and generate a fantastic return on investment and energy from your new programs.

Find more information at <https://timborys.com/services/speaking/>

# FIND YOUR FIT

## GROUPS THAT RESONATE WITH TIM

Does your organization and leadership genuinely value people? Do you embrace the powerful link between high performing people and profitable businesses? Are you looking beyond the status quo to help your people learn, grow, and thrive? If so, hiring Tim will be an amazing experience! Here are a few examples of the types of groups that resonate with Tim and his message of transformation, positive change, and optimal performance.

### **LEADERS & TEAMS FACING HIGH WORKLOADS AND RAPID CHANGE**

Accomplishing great things at a record pace is exciting for a while. Yet, without skills, tools, and strategies to manage your energy, focus, passion, purpose, and performance, loving your job quickly shifts to frustration and burnout. Tim's simple framework for strategic performance improvement helps leaders and teams raise their game and establish a culture of sustained excellence.

### **HOSPITALITY, SERVICE, AND HEALTH/MEDICAL TEAMS**

Those with deep passion and dedication to care for others will often neglect their own self care in the process. This leads to high stress, burnout, and compassion fatigue. But it doesn't have to be that way. Tim deeply understands these challenges and provides the inspiration and tools to help you learn, grow, and thrive personally so you have even greater energy and compassion to care for others.

### **STRATEGIC LEADERS WITH LARGE, DIVERSE, REMOTE TEAMS**

Increasing engagement, happiness, health, creativity, productivity, and profitability in remote, distributed teams is key to thriving in the future of work. Tim shares the science, strategy, leadership, operational skills, and daily habits needed to transform the ways your team works and leads, along with the results you achieve.



**TB**  
TIM BORYS  
Author / Speaker / Coach / CEO

# Tim Borys delivers a “refreshing wake-up call” to audiences



## RAVE REVIEWS from ecstatic clients

“ Very engaging with a good sense of humour. Tim kept us active and interested at the end of a long day. He highlighted small, but powerful changes we can make each day, and inspired us to start taking action on them!

- Tracy C (Calgary Board of Education)

“ Tim is incredibly passionate about his work and has the ability to inspire and motivate others. After booking him many times, his messages continue to resonate with our employees.

- Sharlene McKillop (Dream REIT)

“ An excellent presentation. Tim kept our diverse work group engaged. I highly recommend his sessions to energize your team. Our group is already using his healthy office tips.

- Laureen DuBois (Canadian Oil Sands)

“ It was a great success all around. Tim’s session kick started the Healthy Lifestyle Initiative at our company. He kept employees engaged and excited through the whole presentation.

- Jessica West (PEO Canada)

“ The presentation was a great wake up call and I saw immediate benefit! I found this session so useful I made a point of sharing the demonstrated exercises with my team!

- Candace (National Energy Board)

“ This session was a good refresher about the risks of a sitting-based job, but also gave hope and inspiration that you can help yourself by moving each day!

- Margaret (20Vic Properties)

“ This was perfect for our often high-stress office setting. People were eager to incorporate the simple suggestions and tips into their daily routines. Thank you Tim for delivering such a relevant and interesting presentation! Tim was informative and extremely engaging. He is a great speaker who easily holds an audience’s attention.

- Diana Richmond (RCMV LLP)

# COMMON QUESTIONS (AND ANSWERS)

## Q. Where does Tim live & travel from?

A. Tim lives in Calgary, Alberta, CANADA at the foothills of the Rocky Mountains. He can travel easily to North American and global events.

## Q. How will Tim work with our event team?

A. Your success is Tim's success. He is friendly, easy to work with, and prides himself on proactive, timely communication with event teams. Basic equipment needs are a lav/headset microphone, projector, screen, and a table (for books). That's it.

## Q. Is Tim willing to participate in other ways during the event?

A. Yes. Many options are available. Some common examples include: pre-event marketing videos, book signings, meet and greet events, being a panel guest or facilitator, or providing micro movement and mindfulness breaks for attendees. Tim is happy to discuss options with your event coordinator.

## Q. How do we maximize the impact of our investment in Tim's message.

A. Everything Tim does is about creating positive and valuable changes in mindset, actions and performance. After the event, there are great ways to reinforce the learning.

As an ICF Certified Professional Coach and corporate strategy consultant, Tim can provide a variety of coaching (individual/team), consulting, or follow-up programs and services.

Also, ask about his bulk-order book discounts and on-demand video workshops for employee learning and development.



TIM BORYS  
Author / Speaker / Coach / CEO



**PASSIONATE  
INSPIRING  
EXPERIENCED**

**TRANSFORMING  
PEOPLE  
PERFORMANCE  
& BUSINESS**



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CEO / Coach / Speaker

## **Keynotes To Ignite Performance**

### **The Human Advantage**

*Harness the Science That Powers People and Business*

### **The Future Ready Leader**

*Thriving In The New World Of Work*

### **Break the Burnout Cycle**

*How to Master Stress, Build Resilience, and Thrive in Life*

### **The Brain-Body Link in Business**

*A New Perspective on Health, Happiness, and Performance at Work*

