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**TIM BORYS**

*Ignite Your Potential*

**FRESH!**

*Inspiration  
Education  
Renewal*

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PASSIONATE  
INSPIRING  
EXPERIENCED

TRANSFORMING  
PEOPLE &  
PERFORMANCE



**TIM BORYS**  
CEO / Coach / Speaker

## Popular Keynotes & Seminars

### The Fitness Curveball

*How to hit a grand slam in work, life and wellbeing*

### The Circle of Success

*Harness your circles for health, happiness, and higher performance*

### Rituals for Resilience and Renewal

*Simple personal habits to power performance and productivity*

### If Sitting is the New Smoking...Movement is Your Medicine

*What the future of work means for your health, happiness, performance and productivity*



# MEET TIM BORYS



**Tim inspires audiences everywhere**

to experience renewed happiness health and performance

- Brian Lee, CSP

Tim Borys is passionate about helping people experience how amazing life is when they focus on their health, happiness and fitness.

As a former elite athlete, New York Yankees draft pick, and national level coach, Tim understands how mindset impacts performance.

Through speaking, coaching, and his book, "The Fitness Curveball", he teaches people how to master the 4 Pillars of Performance (Mindset, Habits, Movement, Fuel) so they can feel great, live well, and contribute their best self to the world.

Tim believes life is a sport that we compete in every day. As CEO of FRESH! Wellness Group, he encourages corporate leaders to step up to the plate and support their teams to hit a Wellness Grand Slam for themselves and their team.



**Author**



**Speaker**



**Performance Coach**



**Workplace Wellbeing Expert**

## CONTACT OR BOOK TIM



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## Tim's Education and Experience

Experience and education are important. Tim holds a BA in psychology, is a medical exercise specialist (MES), holistic lifestyle coach (HLC), certified strength and conditioning specialist (CSCS), and has been a master educator for several multinational fitness and wellness organizations.

Clients from many industries have reaped the benefits of his 30 years of coaching and speaking experience. Tim provides peace of mind, along with fast, transformational improvements to their personal and business performance.

Industries include: Oil & Gas, Manufacturing, Healthcare, Education, IT, Finance, Legal, Property Management, Recruiting, and more. Some of his higher profile clients include: Shell Oil, Husky Energy, Cenovus Energy, ATB Financial, Canadian Oil Sands, Deloitte, MNP, Dundee, Dream Office Management, City of Calgary, and Bell Canada.

Citytv

Shaw





# The Fitness Curveball

*How to hit a grand slam in work, life, and wellbeing...  
No matter what life throws at you!*

Regular exercise and eating well can make us healthier, happier, and more productive at both work and home. As smart conscientious people, we understand that health should be a priority. We may also have great intentions to take care of ourselves. Yet, life regularly throws us curveballs that can derail our best intentions.

These curveballs are the challenges, barriers, beliefs, myths, knowledge gaps, and tough situations we face each day. They impede our progress towards the health, fitness, happiness and lifestyle we want. This session will help you see these curveballs, introduce you to the 4 Pillars of Personal Performance, and provide simple tools to hit the curveballs out of the park in all areas of life.

## You Will Learn:

- Master the 4 Pillars of Personal Performance as a blueprint for lifelong wellness.
- Overcome self-doubt and embrace a mindset that will motivate you to clarify your purpose, passion, values, and goals for life.
- Adopt simple daily habits that enable you to consistently overcome procrastination, avoidance, and excuses to implement your work, wellness, and life goals.
- Adopt simple daily habits that enable you to consistently overcome procrastination, avoidance, and excuses to implement your work, wellness, and life goals.
- Eliminate the confusion around food so you can be healthy, never diet again and energize yourself through guilt-free eating.

This session is perfect for people, and organizations who understand that health and happiness are the foundation of outstanding productivity and performance in work and life...and who want to improve those areas!

## Improving Your 4 Pillars of Performance



**Mindset**



**Habits**



**Movement**



**Fuel**

# The 7 Habits of Healthy Active Workplaces

## *And why your contribution matters!*

A healthy, active office is a great place to work, AND it's great for companies too! Since we spend most of our waking lives at work, it makes sense that the office should be a place we enjoy spending time.

Unfortunately, most office environments and cultures are a drain on our health, energy, and motivation. Many companies even unknowingly encourage and reward unhealthy working environments. It's time for positive change!

This informative and entertaining session will outline seven habits that healthy companies cultivate each day. Tim provides tips and action items for all levels of an organization from executives to individual contributors.

In a healthy, active office, everyone has an important role to play, and this session provides the tools, resources, and motivation to make it happen!

## **You Will Learn:**

- Why so many corporate wellness programs fail, and how to succeed with yours
- How to use the Wellness Pyramid
- Why and when it's good to play "favourites" with employees
- The single most important factor in creating a healthy, high performing office culture

This session is a great choice for companies that value the health, happiness, and performance of their employees, and that want to attract top talent.



# The Circle of Success

## *Harness your circles for health, happiness & higher performance*

Health, happiness and higher performance are within your grasp...will you choose them? Each day, you are presented with opportunities to live the life you want. This happens at work, home, and with your health and wellbeing. Yet, barriers such as stress, fatigue, lack of motivation, poor health, the economy, and day-to-day pressures at work are common reasons why well-meaning people fail to recognize and seize these opportunities.

The solution is to understand and use the "Circle of Success". Tim has created a simple, yet powerful model called The Circle of Success or Distress based on over 25 years of coaching experience.

Whether you know it or not, you are already using this simple, yet extremely powerful model every day of your life. The key to success is in understanding the process and using it to your advantage.

Tim will be your guide on an inspiring, and enlightening journey into the Circle of Success or Distress. Learn to identify critical circles in your life, tap into your strengths, and create positive circles of success. Using this model, Tim has taught thousands of people to transform their lives, careers, families, and organizations.

### You Will Learn:

- Identify circles of distress in the areas of self-confidence, health, & personal performance.
- Use each step of the circle to make small positive changes each day
- Create simple daily habits to make change easier, faster, and more fun
- Combine mindset, habits, and motivation to transform these circles from distress to success

This session is perfect for people, and organizations who understand that health and happiness are the foundation of outstanding productivity and performance in work and life, and who want to improve those areas!



# Rituals for Resilience & Renewal

## *Simple personal habits to power performance & productivity*

Forget time management. It's a myth. The important resource to manage and cultivate is your energy. Energy is what allows you to be productive and do what you want to do. All the time in the world is useless if you don't have the energy to get anything done.

In today's fast-paced, constantly changing world, people are stressed, overworked, burned out, uncertain of the future, and drained of their precious energy. While the effects can be disastrous to individuals and companies, there is a solution to managing your personal energy.

Personal energy is a renewable resource that we all have the capability to create at will. At the heart of effective energy management are strategic daily rituals designed to tap into your physical, mental, and emotional energy resources.

This session is your guide to cultivating, improving, and managing your energy so that you can live the healthy, happy, high performing life you deserve.

### **You Will Learn:**

- Identify the energy-sucking black holes in life that drain your motivation, enthusiasm, and productivity
- Create instant (and long-lasting), on demand energy through simple actions that can take less than one minute
- Set up a simple daily structure that will get your energy and productivity back on track quickly when life throws you an unexpected curveball
- Maximize the use of these success rituals at work and home to boost your health, happiness, productivity, and performance.





# If Sitting is the New Smoking... Movement is the New Medicine

## *What the future of work means for your health, happiness, performance and profitability*

In today's workforce, employees are increasingly sick, tired, unhealthy, disengaged, and unproductive. The culprit? Sitting disease. Not only are employees sitting more than ever, they are often rewarded for it.

The solution is simple - movement! Simply getting our bodies moving regularly fosters increased productivity, happiness, creativity, and ultimately, profitability... Smart companies are creating a movement around movement, and the outcomes are exceptional.

Forget the fancy equipment, and watered-down wellness initiatives. Creating change should be simple, effective, meaningful and quick to start.

This session provides the framework for success that each employee and company can use to transform workplace health, happiness, performance, and profitability, by getting moving.



### **You Will Learn:**

- Use movement to use your time more effectively
- Include movement throughout your day without looking silly
- Master simple daily movements to boost energy, reduce injury, and help you feel great
- Manage your own personal movement strategy for better energy, health, and performance at home and the office
- Use four essential elements of a healthy workplace to create "a movement around movement" in your company



# Is Stress Stretching Your Waistline?

*A positive, practical look at the impact that work and stress have on your health...and what YOU can do about it!*

Stress is natural and can even be a positive and motivating force in our life...if we know how to harness it. Unfortunately, for most people, stress wreaks havoc on their body, mind, daily function, and productivity. Mindset and vitality expert Tim Borys shares his wisdom and the important science behind how our mind and body respond to stress.

Tim's upbeat and practical insights make this seemingly complex and frustrating topic easy to digest. He helps you understand your own unique stress circumstances, and provides ways to implement effective strategies each day.

Participants will work through a series of personalized and practical exercises proven to help manage stress, increase happiness and life satisfaction, while boosting productivity. You will leave with the tools necessary to take control of your stress and achieve optimal function across all areas of life!



## You Will Learn:

- What science says about stress and performance
- How to identify stressors in your environment
- Strategies to manage stress and harness it for greater performance
- The stress bucket analogy
- How to identify and reverse the stress spiral
- How to customize your strategies for you and your environment

## 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 change 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 Property)

“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)