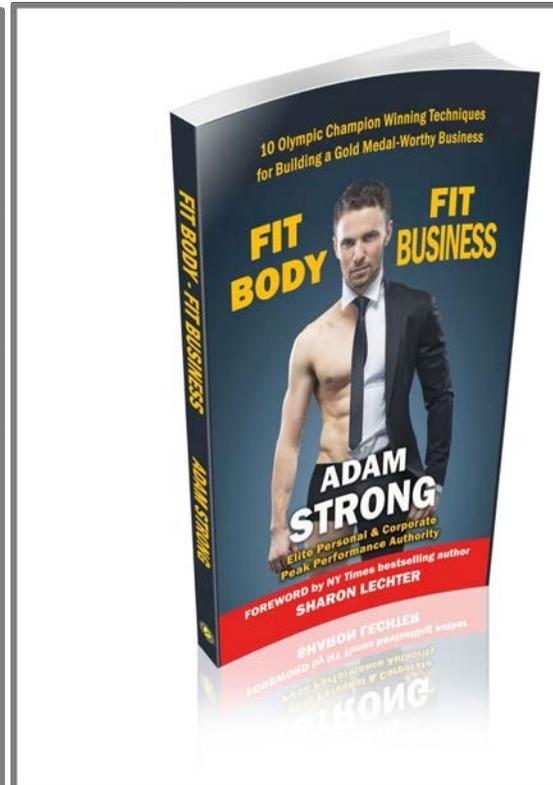


# Adam Strong

## Professional Speaker Kit



# Who is Adam Strong?

- Elite **athlete** and former training partner of multi-**Olympic** gold medal champion Mo Farah
- **Serial entrepreneur** (currently with four businesses to his name)
- Extensive **business, health** and **fitness** experience
- Multiple **author** of inspirational books including 'Move It Or Lose It' (2014) and 'Fit Body, Fit Business' (2017)
- Ultra-High **Energy** Personal Productivity **Authority**
- **Personal trainer**
- **Business coach**
- Corporate and public keynote **speaker**
- **Champion** for supporting women, personal assistants and entrepreneurs
- **Founder** of The Association of Extraordinary PAs
- **CEO** of Elite Corporate Fitness

# For Big Business:

Increasing productivity by 300%

Reducing stress, anxiety & burn-out

Helping your team reach its full potential

Breaking bad habits & re-learning basic skills

Empowering leaders to become champions

Assisting employees to become more engaged

Understanding the power of reverse-engineering

Building energy levels and time management skills

Cultivating a healthy and realistic work-life balance

Thriving in a results-driven, gold-medal environment

Reducing absenteeism and presenteeism by up to 25%

Helping leaders to excel and achieve their full potential

*Champion-winning strategies to create a winning team mentality*

# For Entrepreneurs & SMEs:

Learning to delegate and let go

Improving individual performance

Perfecting time management skills

Creating a champion-winning mindset

Understanding the power of visualisation

Overcoming limited beliefs and obstacles

Learning how to kill fear and cure procrastination

Becoming more focused & accountable to your goals

Helping your business become faster & more productive

Identifying the fine details of what success mean to you

*Being results-driven to boost your productivity, advance your bottom line & help you smash your goals!*

# Public Speaking & Networking:

Inspirational Speaking, Thought Leadership, Keynote Presentations, Seminars,  
Facilitation, Webinars, Live Events and so much more...



Networking with celebrities from rap star and property investor Vanilla Ice (L) to award-winning coach and entrepreneur Camilita Nuttall (middle) and actor John Travolta (R)

# International speaker:



Click to see Adam in action: <https://privatevideo.wistia.com/medias/60j31zbccf>

The Swedish Wealth Institute

The Institute of Directors, London

The Event of Champions 2016, Millennium Gloucester Hotel London Kensington

Global Women Summit 2016 and on the schedule for the 2017 event in Albania

And many, many, many more!

# Media Profile:

★ [bytestart.co.uk](http://bytestart.co.uk)  
the small business portal

THE  
HUFFINGTON  
POST

theguardian

People Management

growth  
business.co.uk

neconnected.co.uk

START UP **Donut**

small  
business.co.uk



Executive Secretary  
MAGAZINE

# Expansive online platform:



You **Tube**



**Linked** **in**

<https://twitter.com/adamstrong>

<https://www.facebook.com/adamstrong/>

<https://www.linkedin.com/in/adamstrong>

[https://www.youtube.com/channel/UC7vaaLX3OnclH\\_jNbBAQQKw](https://www.youtube.com/channel/UC7vaaLX3OnclH_jNbBAQQKw)

<http://adamstrong.net/>

# Contact for bookings:

Workshops

Seminars

Webinars

Keynote speeches

Conferences and presentations

One-to-one training / coaching sessions

**Direct:** [hello@adamstrong.net](mailto:hello@adamstrong.net)

**Agent:** The Experts & Influencers Agency

[helenlewis@expertsandinfluencersagency.co.uk](mailto:helenlewis@expertsandinfluencersagency.co.uk)



10 Olympic Champion Winning Techniques for Building a Gold Medal-Worthy Business

**FIT BODY FIT BUSINESS**



**ADAM STRONG**  
Elite Personal & Corporate Peak Performance Authority

FOREWORD by NY Times bestselling author **SHARON LECHTER**



**ADAM STRONG**  
Elite Athlete & Corporate Wellness Expert

**Move it or Lose it!**

A step by step approach to achieving peak performance in the corporate world through mindset, fitness and nutrition