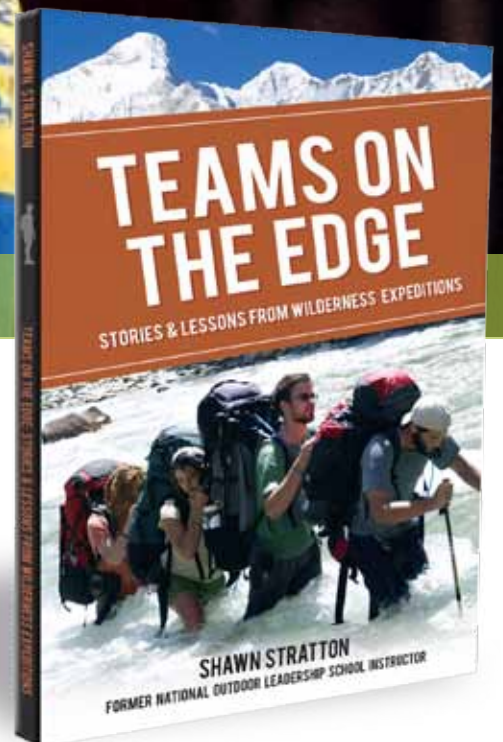


Shawn Stratton

Helping teams reach their full
potential through leadership



Have confidence your next event will be a smashing success by choosing Shawn Stratton, best-selling author, international speaker and consultant and team building thought leader.

KEYNOTE 1

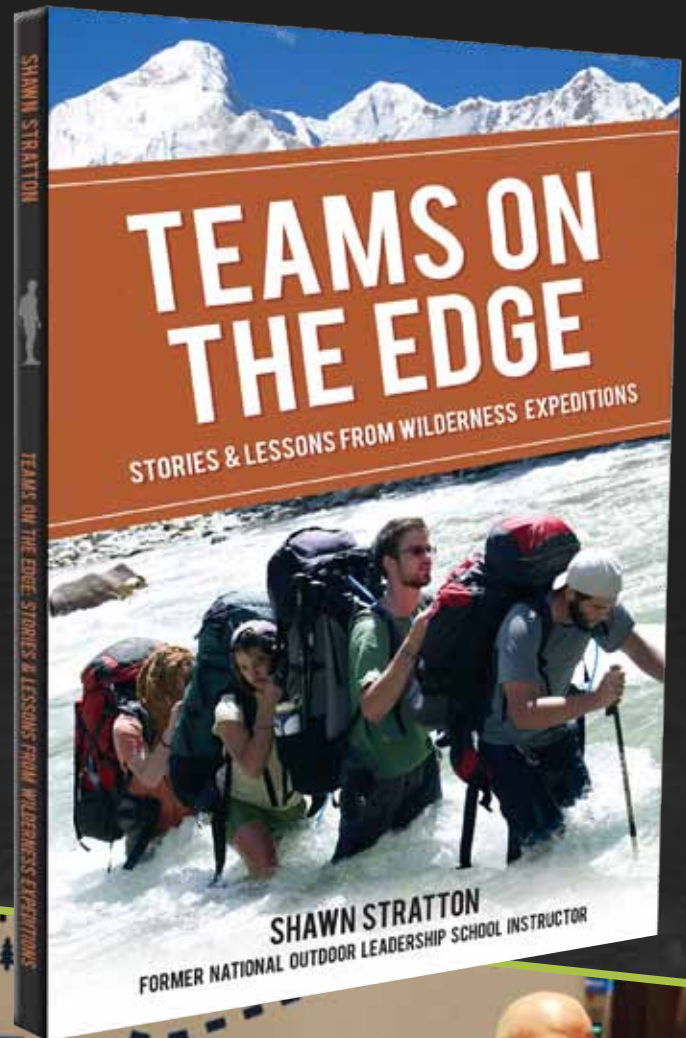
Lessons from *Teams on the Edge*

Teambuilding Tools for the Harshest Environments

In his inspirational multimedia presentations, Shawn shares insights into building powerful teams through a recounting of his dramatic adventures leading expeditions to remote locations around the world. His stories illustrate how being in a leadership position taught him valuable teambuilding lessons, which are just as relevant in the harsh, life-and-death environment of the Himalayas as they are in a fast-paced and challenging corporate world. To make any endeavour successful, a strong team is crucial. Shawn reveals leadership secrets that will transform your company's group dynamic, and, in turn, transform your business.

Discover Shawn's ultimate directive for high functioning teams – the ATS rule of teambuilding.

- Learn the importance of focusing on three disciplines that can immediately change your team.
- Through storytelling and real-life experiences learn thought-provoking lessons that resonate and generate a call to action.
- Leave the keynote with several skills to practice, questions to ponder, and an inspired commitment to enhance your own team dynamic.



KEYNOTE 2

Silver-Lining Adventures

The art of gaining perspective and tolerance in a crisis

In this stirring keynote, Shawn shares real-life stories and lessons of how he has narrowly avoided disaster. These stories range from his training for, running in, and experiencing first-hand the chaos of the 2013 Boston Marathon to losing irreplaceable personal effects as a result of one careless action. These very different, yet inspiring, tales come together through shared themes of gaining perspective and suspending judgment. As a teambuilding professional, Shawn explains how broadening your outlook, persevering, and taking a moment to show tolerance and patience for others can enhance team and leadership skills, especially in times of conflict or crisis.

Develop your teambuilding and leadership skills through inspiring stories that teach perspective and tolerance. Face difficulties in life and business with a sense of adventure and reap the benefits of that bold perspective.

KEY TAKEAWAYS

- **Judgment:** First impressions are not always true reflections of one's character
- **Crisis management:** Continually gather information and communicate effectively
- **Perspective:** Expand your horizons and you will have a different viewpoint



BREAKOUT SESSIONS

In addition to delivering a keynote speech at your event, Shawn can be available to present an interactive breakout session. This session must be scheduled the same day as the keynote speech. For information on this value-added offer, please contact Shawn's office

Collective Team Building & Debriefing

When they are properly executed, teambuilding activities are pivotal in building a high-performing team. The Adventure Wave model of experiential learning will be incorporated into both interactive teambuilding activities and subsequent debriefing techniques. Effective teambuilding activities teach essential elements for team development including goal setting, communication, trust, and decision-making in a fun and supportive atmosphere. In this session we will work through the five stages of teambuilding activity—Ice Breakers, De-inhibitors, Trust and Empathy, Communication, and Decision Making / Problem Solving—that generate the tools that successfully facilitate fun, metaphor-based, interactive teambuilding activities.

KEY TAKEAWAYS

- How to effectively facilitate interactive teambuilding activities
- Use strategic metaphor-based learning to debrief teambuilding activities
- The application of principles learned through debriefing techniques to individual relevant work and life situations



Leadership Communication

Handling conflicts appropriately in the workplace is a challenging but necessary reality for a leader. How a leader deals with conflict either serves to better a team or contributes to its demise. This session targets some of the most challenging aspects of communication that leaders face. Shawn engages participants in a series of interactive initiatives, which are designed to teach essential communication tools so that their teams can reach their full potential.

KEY TAKEAWAYS

- Learn vital skills for building trust, delivering (and receiving) effective feedback, resolving conflict, coaching, and motivating a team.



TEAMBUILDING FACILITATION

Our teambuilding workshops are customized to meet a client's specific needs. Lasting from half a day to three days, these can take place anywhere—from a mountainside to a boardroom—but are usually facilitated at an offsite retreat center.

Facilitated workshops combine the best in training, development, team building, role-playing communications, motivation, and planning. Participating with and involving your staff increases the sense of ownership and empowerment of each individual while at the same time facilitating the development of the organization as a whole.

Workshops Assist With

- Managing change and improving policies
- Breaking down barriers and improving communication
- Integrating staff
- Developing and sharing organizational and personal goals
- Creating initiatives
- Planning

Teambuilding Facilitation: Three Main Categories

Team Construction

This is the workshop for recently formed teams that want to accelerate and enhance their team development process. It allows team members to get to know each other and understand their team's mission and goals. The early stages of team development are crucial for long-term success of the team. Clarifying expectations, learning the objectives of the team, and claiming ownership of this knowledge result in team members' engagement in the teambuilding process; this fosters pride in performance and, ultimately, contributes to the team's mission.

KEY TAKEAWAYS

- Get to know teammates beyond superficial intra-office relationships
- Break down inhibitions and barriers between teammates
- Develop a Team Recipe contract
- Share or create a mission, vision, and goals
- Learn the stages of team development
- Establish team expectations

Team Intervention

Let's face it: teamwork is hard. Sometimes teams face internal conflicts that prevent them from reaching their full potential. Such challenges, often communication-related, can lead to dysfunction and even animosity. The resultant tensions often have a detrimental effect on team moral and productivity. When a team encounters a situation of this nature, it can be highly beneficial to have an impartial external facilitator work with the team in addressing problematic issues. An independent facilitator can help the whole team move through the impasse and maximize their success potential.

KEY TAKEAWAYS

- Conflict resolution skills
- Effective feedback training
- Respectfully and productively address team concerns
- Develop a plan to maintain team cohesiveness

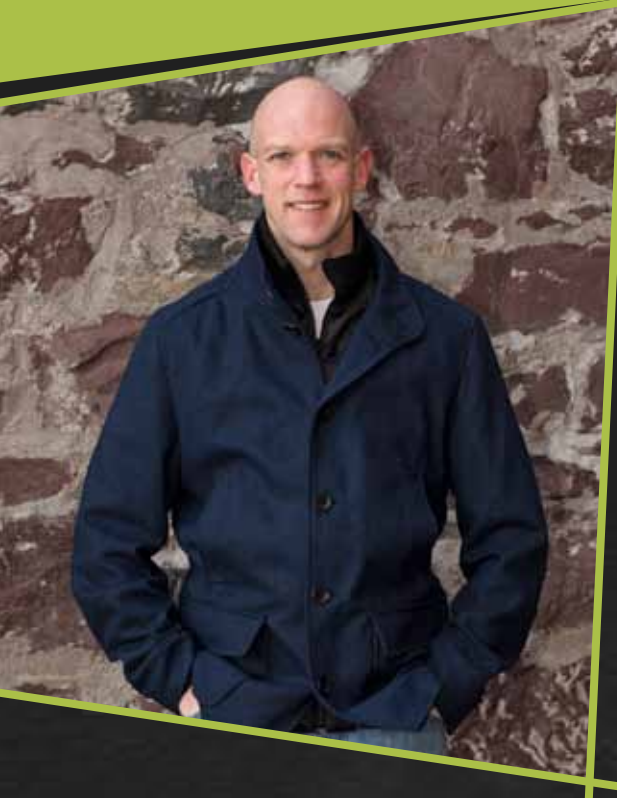
Team Maintenance

Like most skills in life, if you don't use it, you lose it. Teambuilding skills are no different. If you don't incorporate regular teambuilding activities into the office culture, your team may grow disillusioned and stagnant. To ensure that your team doesn't lose potential, momentum, and drive, our team maintenance program offers tools that can reignite the flame within your team by energizing, challenging, and appreciating the individual team members.

KEY TAKEAWAYS

- Revisit organizational and team mission, vision, and goals
- Address issues preventing the team from reaching full potential
- Understand teammates goals, strengths and passions
- Increase trust, appreciation, and respect for teammates
- Learn from each other while enjoying focused fun

Testimonials



“ I am writing to both endorse and recommend LiveMore Group as a provider of Corporate Team Building facilitation to any organization. Shawn helped us achieve the overall objective of the event as well as having fun along the way. The knowledge and skills we gained from our day together are already being applied in the office. I was very impressed with Shawn’s professionalism and passion for team development. ”

- Chris Bailey
Managing Director, Maersk Supply Service

“ It was a pleasure working with Shawn in the planning and delivery of our 2-day leadership team retreat. From the planning stages through to the facilitation, Shawn was a consummate professional and easy to work with. His expertise and passion for organizational team building were evident as he led our team through a riveting series of fun, thought provoking activities. Teamwork and mutual respect were themes that were maintained throughout the retreat and positively impacted our team exercises. ”

Robert Simmons
Manager, Human Resources, Exploration & Production (East Coast), Suncor Energy

“ Our organization, like many others, is going through significant internal change, as well as grappling with a generationally diverse work force and a rapidly changing technological platform. Workload pressure and stress are at an all time high. Shawn created an environment, far removed from the workplace and workplace roles, that allowed us to reconnect as human beings and to recognize the value of our colleagues as well as the impact our own behaviour patterns can have on maximizing our potential as a team. He led the team through this process through fun, active and energizing exercises that brought everyone together and generated plenty of laughs and smiles along the way. I would highly recommend Shawn to any team looking to maximize their potential. ”

Lee Marshall
Area Director Newfoundland and Labrador Veterans Affairs Canada

“ This is my second time working with Shawn and once again he has been an outstanding facilitator for our team building session. He brings a tremendous amount of knowledge and experience working with teams. His messages are delivered in a style that is interactive, thought provoking and a lot of fun at the same time. Shawn created a positive learning environment where our group members felt comfortable to share insightful personal information that will help our team reach its full potential. The varied sessions took us out of our daily routines and assisted to look at ourselves from different angles. The feedback communication skills that we learned and practiced were being implemented upon returning to the office. Shawn’s inspirational presentation on The Power of Teams shared invaluable lessons that will resonate with our team. ”

Gerard Luursema
Director, Burum Teleport, Inmarsat, The Netherlands



About

Shawn Stratton

Shawn Stratton is an international teambuilding and leadership consultant, bestselling author, two-time Ironman and a Marathon competitor, and expedition guide.

Stratton has a Bachelors degree in Recreation with a focus in Experiential Education and a Master of Arts in Leadership from Royal Roads University. Driven by a love for experiential education, adventure, and leadership, he has devoted 20 years to leading teams, including over 2,000 days of wilderness expeditions into some of the world's harshest environments, and six years consulting with corporations in team building and leadership development. His first book, *Teams on the Edge: Stories & Lessons from Wilderness Expeditions*, released in 2013, was an instant bestseller. In 2013 Stratton was inducted into the Royal Canadian Geographical Society's College of Fellows. Stratton is a senior instructor for the National Outdoor Leadership School and has sat on the boards of various volunteer organizations, which benefit from his dynamic leadership and wide range of teambuilding expertise.



Shawn Stratton

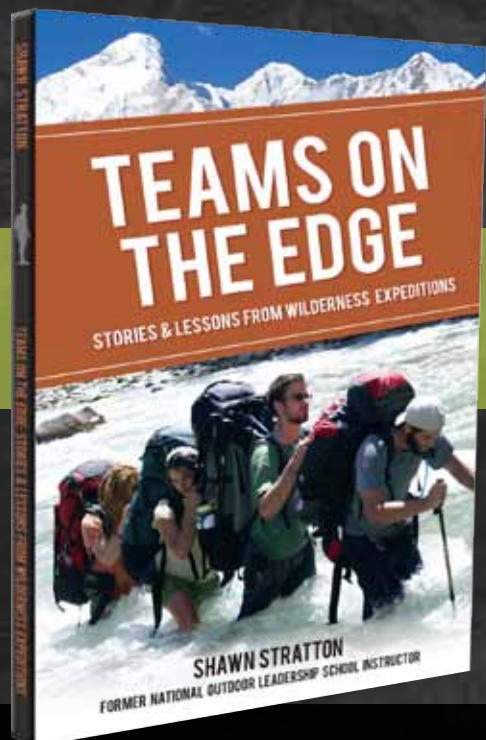


Connect With Shawn



Contact Shawn Today

To discuss how Shawn Stratton can help make the outcome of your next event a success contact LiveMore Group, Ltd at **(866) 972-9880** or visit **www.shawnstratton.com**



 866.972.9880

 info@livemoregroup.com

 www.shawnstratton.com