



**INSPIRE AND
EDUCATE YOUR
AUDIENCE WITH
ADRIAN
BAILLARGEON**



ABOUT ADRIAN BAILLARGEON

A behavioural consultant, a team leadership coach or your biggest supporter. Whatever you want to call him, you will struggle to find someone as passionate as Adrian to help organisations make meaningful progress through the power of their people.

With over 20 years of corporate experience in financial services (health insurance, travel insurance, general insurance), brand management, pharmaceuticals, and oil & gas, author Adrian Baillargeon worked in marketing, sales and JV management teams across Canada and Australia. He also somehow ended up in Tunisia and Cameroon coaching for Major League Baseball.

Across all of his experiences, Adrian has seen the best and the worst when it comes to teams working together to drive outstanding results. In previous roles, he has been involved with mergers, downsizing, expansion, and national and global organisation awards.

Now a speaker, facilitator, and coach, his in-depth knowledge and experience working in businesses allow him to relate to business challenges without the traditional corporate approach. His energetic and relatable approach (that's the Canadian in me, he says) provides audiences with some of the latest research from global organisations on team dynamics, energy drivers, thought-provoking activities and personal development insights.

He loves helping organisations re-learn, rethink and realise their performance and play a role in creating higher performing teams who “swear by each other and not about each other.”



WHY ADRIAN

IT'S A CONVERSATION

From Adrian's introductory video before your conference to his talks' interactivity to the offerings after the talk, Adrian will get your people talking and keep the conversation going to drive meaningful change in your organisation.

SHARES THE BEST OF THE BEST

Much of Adrian's insights are gained from the latest research in high-performing environments and clients across the world. This means your audience will get the best of the best when it comes to helping your organisation thrive.

RELATABLE AND PRACTICAL

Often described as energetic and calm, Adrian's messages resonate strongly with his audiences because he has been in their shoes (for 20 years!) and is the perfect blend of inspirational and realistic, providing audiences with actionable insights and tips.

SUPER EASY TO WORK WITH

No prima donna here. Just someone who wants to create a memorable experience, help people do together better and in a way that makes your life easier. Adrian will even bring his own water bottle!



TEAMWORK, COLLABORATION AND INNOVATION

Book Adrian for his interactive *Teams that Swear* (by each other, not about each other) talk.

60. 90 or 120 minutes

Inspire your organisation to reactivate teamworking! Highly engaging, entertaining and insightful, Adrian's wry sense of humour and 20+ years of experience working in the corporate space allows him to connect with his audience the moment he walks on stage. In this interactive talk, Adrian shares:

- Why swearing amongst teams is a good thing
- How working in teams is like listening to music
- An overview of the latest research on higher-performing teams
- The two ingredients to higher performance
- The opportunity to self assess one's own team dynamics
- Insights and tips to help improve how teams can realise their full potential

Adrian can make his talks interactive and leverage the power of shared experiences by having the audience participate in mini breakout talks.

Conferences and/or audience members can also supplement the experience by providing the audience with copies of Adrian's book, *Teams that Swear*, to further embed and support their aspirations to create teams that shine.

Inclusions:

- Bespoke video to share with the audience leading up to the talk
- Post talk *AB Higher Performing Scorecard* for all attendees



WELLNESS, RESILIENCE AND PERFORMANCE

Performance Energy: The key to driving high performance
60. 90 or 120-minute options

As our world throws the workplace into a whirlwind, teams and individuals have had to deal with higher levels of uncertainty, stress and fatigue than ever before. As a result, the way we do teamwork has changed; the reality is, before teams can be at their best, individuals need to give themselves the best opportunity to be at their best

Mental health issues are on the rise. Burnout is now a medical phenomenon. Managing one's energy has never been so critical to ensuring we can be at our best more often than not.

Research has proven those who can work more often at their ideal energy levels outperform those working at less than ideal energy levels. Adrian's *Being Your Best with Performance Energy* will inspire audiences to reflect, reconnect with what they need to be at their best and reset habits to drive better personal and professional outcomes. Your audience will learn about:

- The research supporting the profitability of people working at their ideal energy levels
- How stress works for - and against - one's wellbeing;
- How performance and pressure are related;
- The different types of energy that help people be at their best;
- An objective assessment of their own performance energy levels;
- Strategies to manage acute or chronic stress; and
- What it takes to change habits that result in helping people be at their best.



HOW TO GET THE MOST OUT OF AN ADRIAN BAILLARGEON TALK

Adrian's aim is to make you look great, make your audience feel inspired and to make it as easy as possible to bring our work alive! If you have any special requests, please let Adrian know and he will work with you.

PRESENTATIONS

Adrian uses a MacBook Pro (USB C) laptop and Keynote software. He will bring his laptop and has adapters for HDMI. Because of the formatting of his presentation in his slides, Adrian must use his computer for his presentation or your laptop provided it can run Keynote.

TECHNICAL REQUIREMENTS

Ideally, a small table can be set up next to or in front of the stage. This allows for his remote to work effectively and acts as his prompter. If you have prompters available, even better!

Adrian requires a headset or a clip-on lapel microphone. A wired microphone, handheld or podium microphone restricts his movement and will impact the experience considerably.

Adrian would prefer to visit the talk location the evening before or early in the morning. He can also meet with the tech team an hour prior to the talk to help set up his laptop and conduct a soundcheck. Normally this takes less than 15 minutes, making it super easy for the tech team.



CREATING THE BEST EXPERIENCE FOR YOUR AUDIENCE

MAKE THE EXPERIENCE STICK

To keep your audience talking about their experience at your event, bulk order pricing is available for *Teams that Swear*. We can also add in a bespoke page featuring a message from your leader or ambassador, complete with a signature and logo,

FURTHER ENGAGEMENT WITH YOUR EVENT

If you'd like Adrian to engage with your audience, please share your ideas. He can participate in book signings, photo opportunities, lunches, dinners or panels. He can also work with key personnel post-conference with an AB Team Dynamics Assessment, a workshop or coaching support.



AB ADRIAN
BAILLARGEON



RESOURCES TO HELP

Photos and logos you can use

[Click here to access photos and logos for your conference materials.](#)

Biography - Short form

Adrian Baillargeon has over two decades of experience working in the corporate environment across Canada, Africa and Australia. He is the author of *Teams that Swear (by each other, not about each other)*. Knowing what it's like to work in the corporate environment allows him to relate to the challenges people face in the working environment. Adrian now helps organisations relearn, rethink and realise their approach to leveraging the true competitive advantage - their people.

Biography - Longer form

Adrian Baillargeon has over two decades of experience working in the corporate environment across Canada and Australia. Knowing what it's like to work in the corporate environment allows him to relate to the challenges people face in the everyday working environment.

Adrian has seen the best and worst for teams working together to drive outstanding results. In previous roles, he has been involved with mergers, downsizing, expansion, and national and global organisation awards.

Now an international speaker and team development thought leader, Adrian helps organisations relearn, rethink and realise their approach to leveraging their true competitive advantage - their people. Adrian has spoken and supported organisations across Australia, Canada, and the U.S. He also coached for Major League Baseball in Cameroon and Tunisia of all places.

Adrian's book *Teams that Swear (by each other, not about each other)* has been featured in organisational leadership development programs and used by leaders and their teams worldwide.



SPEAKER INTRODUCTION

Today, our speaker is the author of *Teams that Swear (by each other and not about each other)*. He is a globally respected speaker, helping organisations leverage their best asset - their people.

It's somewhat ironic that the person who will talk to us today about the power of many is actually acting alone. However, I am sure you'll agree that his impact is that of many.

Adrian Baillargeon was born in Saskatoon, Saskatchewan, perhaps the world's funnest place to say out loud. It's a small place in the middle of Canada that features some big personalities, such as Joni Mitchell and Gordie Howe (who was the Wayne Gretzky of ice hockey before Wayne Gretzky came along). However, funny enough, the Sasquatch did not come from Saskatoon.

Performing in front of crowds has been part of Adrian's life since quite young, from the time he had to wear brown tights in his kindergarten Christmas pageant to performing and speaking at the opening ceremonies in the Canada Summer Games and coaching sports in front of crowds of up to 5000 spectators.

He has worked across Canada and Australia in marketing, sales, people, risk, and joint venture management with Exxon Mobil Canada, Novartis Pharmaceuticals, HBA and Bupa. He has been involved with mergers, downsizing, expansion and has been the recipient of national and global organisation awards.

He has recently spoken to organisations from Texas, Toronto, Melbourne, Sydney and Brisbane. He loves helping organisations re-learn, rethink and realise their performance do together better. And obviously, he is keen to help teams swear more by each other and not about each other.

He has promised to keep today's talk PG-rated, so please welcome, Adrian Baillargeon!



**THE MOST IMPORTANT PIECE
OF INFORMATION...**



HOW TO PRONOUNCE ADRIAN'S LAST NAME, OF COURSE!

It's actually pretty easy. Just ask my 8-year-old daughter!

It's like three words.

Bail.

Large.

On.

See, simple.

HOW TO BOOK ADRIAN

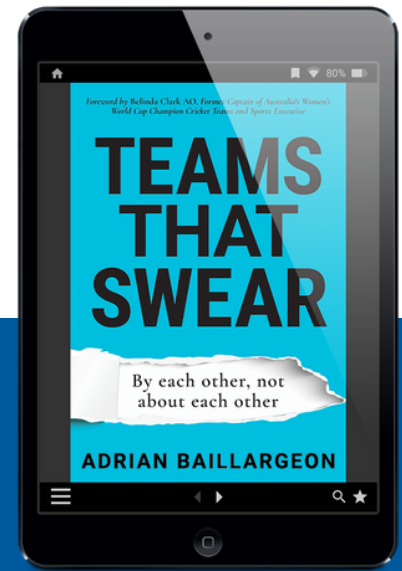
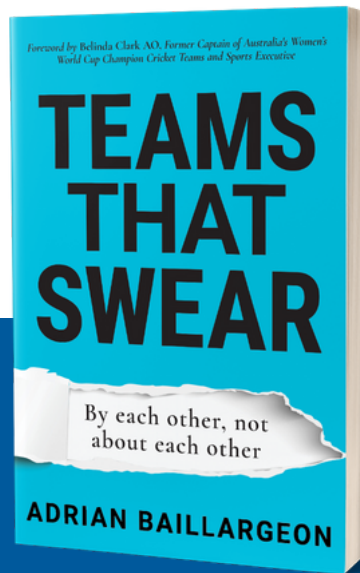
There are a few options to book Adrian.

You can call +61423 782 970. Adrian is based in Melbourne, Australia and operates in the AEST time zone.

You can email us at noodle@adrianbaillargeon.com.

Or [click here](#) to set up a time to work with Adrian on how he can help.

READING



Your guide to higher-performance

Despite working together in human societies for millennia, why is it still so bloody hard to move together in the same direction? In *Teams that Swear*, Adrian breaks down the art and science of maximising the potential of teams. He also reveals how focusing on just two things within teams can help your group shine.

Laid out in a way that allows leaders to self-diagnose their teams, readers will also be entertained and educated with real-life examples, including:

- How a \$10 note helped reinforce the right behaviours across an entire department
- Why a lack of clear objectives resulted in thousands of fake breathalyser tests
- How sharing objectives helped one of Australia's favourite sporting team field a healthier team
- What three words saved a team from sinking

Ideal for current and aspiring managers or team members who want to make a difference, *Teams that Swear* can help create teams that swear by each other - and not about each other.

Team packages

Teams that Swear is a great resource for your team members, leadership development programs and customers to refer back to as they continue their journey to work better together. Make sure you ask about team pricing when looking to include *Teams that Swear* as part of your program.



WHAT OTHERS ARE SAYING

Adrian is a powerful and engaging facilitator and goes above and beyond. Adrian's passion and drive for improving the way teams operate is next to none.

Heidi Clarris, GM of CX, Strategy and Advocacy, Aruma (Australia)

By working with Adrian, the team has opened up and as a result, a number of different ideas and perceptions are being used. This will definitely raise interesting conversations and challenges amongst the team.

Lorna Stuart, Chief Risk Officer, IOOF Holdings

I would highly recommend Adrian to other managers and leaders wanting to bring their team closer together and establish a framework for greater collaboration, communication and success.

Todd Hewitt, General Manager of Commercial, The Blues Rugby Club (New Zealand)

Highly, highly, highly recommend. Without question, Adrian is ridiculously talented at what he does. Since his session a week ago, we have all taken steps to manage our stress, build resilience and support each other. That's a first. Usually, after a workshop, it's just back to business as usual.

Sam Nicolaidis, Managing Director, Scriibi



WHAT OTHERS ARE SAYING

After 15 years of progressing my career across several roles, industries and organisations, I found myself suddenly confronted by significant gaps in leadership capability for the first time. With the opportunity to put me forward into an executive leadership role within my organisation, Adrian was able to help identify those gaps and develop a tailored approach to overcoming them.

Adrian's knack for rooting out the core of those areas of development and working with me to find unique ways to address them led to a rewarding and engaging experience with positive results. I would recommend Adrian to anyone looking to find a more personalised approach to their development - he has helped me become a better teacher and supporter to my staff, leader in my organisation and more rounded person across all parts of my life.

*Daniel Barker, Chief Commercial Officer,
Netball WA*

Adrian's talk was super relevant and refreshingly engaging. His team-building exercises woke conference attendees up and gave the rest of the conference an enthusiasm boost that was felt throughout the whole event. His session was definitely a highlight.

*Max Webber, Editor, Sponsorship
News Conference*

Adrian's enthusiasm was addictive, and I think turned around even the hardest minds! Definitely an inspiring person to work with and a stand out from a lot of other team building sessions I have been involved with in the past.

*Simon Fraser, Senior Direct Marketer,
Woolworths Group*