



ASWAND CRUICKSHANK

Author-Educator-Trainer-Motivational Speaker

Building a Bridge From Fitness to Performance

About Aswand Cruickshank

Aswand Cruickshank is a two-time author, who works with hiring managers to increase the productivity within their teams. Born in Silver Spring Maryland. Aswand was voted captain of multiple football teams that became nationally known programs. Aswand then went on to attend several colleges, in which he furthered his education on leadership, by not only being a member of the football team, but by also gaining experience in the workplace, as a front desk manager at a local health club. Once Aswand Graduated from Stony Brook University, he continued his work as a fitness consultant, but also became as certified college scout, and spent multiple seasons as a High school football coach. Aswand spent the next decade taking on the highs and lows of being an entrepreneur, and eventually authored his first book titled "Swift-LY: Yourguide to innovative teamwork." Aswand also, started a podcast to go along with his book, named "Move Swiftly, Finding your place in this world."Which serves as the media outlet for the company in which he founded named, "Plus LY Promotions." Given Aswand's experiences as a player, scout, coach, trainer, educator, and fitness consultant. His knowledge on leadership will be very beneficial to not only you, but it will also benefit everyone that is affected by your decisions.


AWARDS

Top Seller Miami Dolphins foundation

1st team WCAC Linebacker

Our Lady Of Good Counsel Graduate Class of 2007

Stony Brook University Graduate Class of 2010

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SPEAKING TOPICS

Teamwork, Leadership, Sales

