

# DEREK DEPNEY

Author | Speaker | Coach  
Connect at [DerekDeprey.com](http://DerekDeprey.com)



Derek Deprey's passion in life is to evoke excellence in every person at every level. After a career of working in basketball operations at the collegiate and professional levels, he empowers others both as a general manager at a fitness club and as a leadership professor at a university. Derek founded Move Results to impact the lives of individuals, organizations, and communities. Today, he loves to inspire and influence others as a speaker, writer, and coach. Derek lives in Milwaukee, WI, with his wife and two daughters.

## SPEAKING TOPICS

### Move You, Move Others Series

#### **The Foundation**

Manage Your Life, Not Your Time

#### **Move to Grow**

The 3 Invaluable Laws of Growth

#### **Move to Live Well**

Live Well, Lead Well

#### **Move to Connect**

Everyone Communicates, Few Connect

#### **Move to Develop Others**

Developing the Leaders Around You

#### **Move to Be Teams**

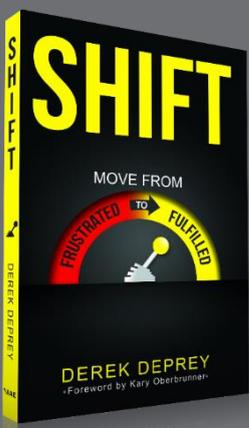
Teamwork Makes the Dream Work

### Leadership Bootcamp Series

- Establishing Credibility as a Leader
- Creating an Engaging Environment
- Setting Priorities at Work
- Increasing Emotional Intelligence
- Having Effective Conversations
- Leading Development
- Assigning Work and Setting Expectations
- Driving Accountability
- Giving Feedback
- Facilitating Effective Meetings and Workshops

### **SHIFT** Series

- Move from Frustrated to Fulfilled
- Move from Negativity to Positivity
- Move from Liking What You Do to Loving What You Do
- Move from Thinking to Executing
- Move from Work-Life Balance to Work-Life Fusion



Every day, we move in one direction or another. We're free to choose from endless possibilities. Only you can choose the direction for the rest of your life. Whether you are a seasoned executive, emerging leader, stay-at-home parent, or college student, frustration is inevitable. Now is the time for you to *SHIFT* from, "I'm so busy and stressed," to, "I'm living my ideal life right now." And it doesn't even have to be complicated.

In *SHIFT*, author Derek Deprey teaches you a 5-gear process. Each gear uniquely moves you from frustrated to fulfilled. Within each interactive chapter, you'll drive up to powerful questions and practical exercises—calls to make today the day you are inspired to change.

"Just like our business at Northwestern Mutual is about helping people build brighter futures, Derek's goal in *SHIFT* is to help you make every decision with an eye toward your vision."

**John Schlifske, chief executive officer at Northwestern Mutual**

"Derek's chapter on passions would single-handedly justify the book. Work doesn't have to be boring. Read *SHIFT* and you'll find your reason to wake up in the morning."

**George Karl, 2013 NBA Coach of the Year, fifth most career wins in NBA history, and author of Furious George**

"*SHIFT* will help you be more present, live your potential, and become the best version of yourself. Derek will help you overcome your frustrations and create your own definition of success that will reshape how you think about yourself."

**Shawn Achor, author of The New York Times best sellers Before Happiness and the Happiness Advantage**

## Could One Move Change Your Life?

Imagine author Derek Deprey personally coaching you through his transformational roadmap that allows you to journey through frustration and into fulfillment.

## SHIFTING Gears Team

You'll join a **COMMUNITY** of people who want to be their best selves. You'll engage with course **CONTENT** and take action toward your ideal life. You'll have Derek Deprey **COACH** you for the entire 10-week journey.

## Is the SHIFTING Gears Team Right for You

Take the 5-minute *SHIFT*ability Assessment.

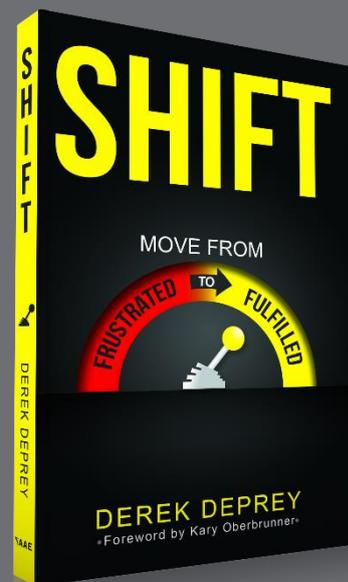
Please visit: [DerekDePrey.com/ShiftBookResources/Assessment](https://DerekDePrey.com/ShiftBookResources/Assessment)

## The *SHIFT*ability Assessment is the first step for helping you discover how to

- Confront your fears
- Personalize your ambitions
- Exercise meaningful action
- Pursue personal growth
- Fulfill your ideal life
- Visualize your preferred future
- Inspire fellow travelers
- Adopt a positive mindset



DEREK DEPREY



**SHIFTING**  
Gears Team

**SHIFTability**  
ASSESSMENT

Join the SHIFTING Gears Team  
[DerekDePrey.com/ShiftingGearsTeam](https://DerekDePrey.com/ShiftingGearsTeam)  
**IT'S YOUR NEXT MOVE!**