



# BRIAN GAST

**Brian Gast** is an executive coach, top team alignment expert, author and speaker who helps leaders realize their potential by focusing on fulfillment, not success.

He is the former CEO of several public and private companies; he is also a serial entrepreneur, having founded or co-founded six companies. One of his favorite stories to tell is how he made \$50 million and lost it in a day.

Today, he speaks to audiences nationwide and shares his breathtaking heights of wealth and power – and how as his empire crumbled he became a visionary leader who empowers other high achievers to reach new levels of performance and achievement.

#### Sample Clients:

DeVry Inc.  
Roche Pharmaceuticals  
Polycom, Inc.  
Clear Channel Communications, Inc.  
Covidien  
Stryker Corporation  
American Family Insurance  
Cisco Systems, Inc.  
... and many others.

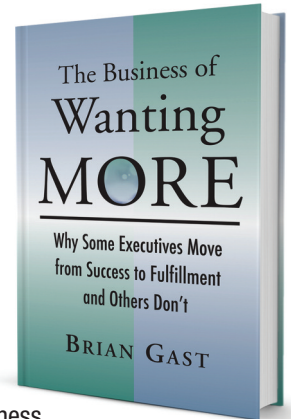
Brian also leads executive retreats and speaks to members of Young Presidents' Organization.

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**BRIAN GAST** is a dynamic speaker, insightful executive coach and team facilitator and has helped business leaders transform their lives and companies. Brian entertains and engages his audiences while he teaches about the value of focusing on fulfillment instead of success. His personal stories and practical exercises inspire executives and entrepreneurs to reach for new levels of effectiveness as leaders and gain greater levels of personal fulfillment at the same time.

One of Brian's unique approaches to his events is getting his audience involved. This may be short, individual exercises or in-depth small group exercises. In addition, Brian likes to bring leaders and influencers on stage to conduct interviews as a way of sharing successes or information in a more informal and candid way. Attendees come away connected to each other and with new and practical insight and skills.

Brian's recently published book, ***The Business of Wanting More: Why Some Executives Move from Success to Fulfillment and Others Don't*** describes the "Q7 Process" by Brian to coach executives to previously unimaginable levels of success and happiness.



## WHAT CAN AUDIENCES EXPECT?

Key benefits from an event led by Brian Gast include:

- Learning how success can be your undoing and other new, counter-intuitive leadership practices that tap emotional intelligence, empathy and relationship skills.
- Discovering ways to recognize and break self-sabotaging leadership and lifestyle patterns that can derail high-achievers.
- Increased self-awareness about what motivates a leader's choices and influences their relationship with career and money.

## WHAT CLIENTS HAVE TO SAY ABOUT BRIAN:

*Our audience of CEOs and entrepreneurs enjoyed and appreciated Brian's presentation. Attendees found the keynote relevant, engaging and compelling. Brian's amazing story connected with every business owner in the room. Brian's journey is relevant both personally and professionally to everyone. I received calls from participants for weeks after Brian's talk relating how they were applying his lessons in their lives and how profoundly they were touched by Brian's message. Thank you. We look forward to having you back for another breakfast.*  
— Daniel R. Meyer, Founder of The Executive Insight Series

*I loved the entire event—memorable and useful! Brian's approach was an amazing way to get across key principles—by actions and internalizing the "lessons" versus just talking about them. Our best event yet!*  
— Senior Manager, Polycom, Inc.

*Brian was great. I spent most of the day way out of my comfort zone but Brian did a great job of building a trusting environment for our team to do things that we would not have ever done otherwise.*  
— Johnny Mullins, Director of Operations, Shamrock Foods, Inc.

*It's Brian's gift to understand and teach how to effectively create that state of mind where logic and intuition, science and art are mutually active. Brian's tools are forged of his incredible personal honesty and life experiences together with his successes as a business leader. Brian's powerful message is that for true success, we must engage all of our human aspects—body, mind and soul.*  
— Mark Wagner, Founder, Blue Tip Energy Management