



COURAGEOUS LIVING



Meeting Life's Challenges...
Creating Our Best Possible Future



DR. *Ken* DRUCK

RESILIENCE EXPERT

Keynote Speaker | Best-Selling Author
"The Original" Executive Coach & Consultant
Social & Mass Media Contributor

Ken Druck knows what it means to rise up out of the ashes of "Plan A." Having overcome tragedy, he has become a lifeline of hope and inspiration to countless individuals, families, organizations and communities in their darkest hour. A keynote speaker voted "Best of YPO," best-selling author, media expert called upon regularly by CNN and PBS, "the original" executive coach, recipient of the "Distinguished Contribution to Psychology" award, Ken Druck has spent over 40 years helping people become the better version of themselves. His life-changing programs, social media articles and books, including *The Real Rules of Life*, *The Self-Care Handbook*, and *Courageous Aging* (an Amazon best-seller) give readers, audiences and clients a clear, practical and inspired path for healing, growth and positive change.

www.kendruck.com

SPEAKING TOPICS

- **The Five Pillars of Courageous Living:** Transforming Adversity into Opportunity
- **Courageous Aging:** Navigating Life's Transitions in Every Season
- **Professional Grade Self-Care:** Preventing Burnout and Promoting Well-Being at Work
- **Raising an Aging Parent:** Effective Caregiving at Any Age
- **Healing After Loss:** Rising Out of the Ashes of Tragedy

Ken can customize and combine topics for keynotes, breakout sessions, half- and full-day workshops, trainings, retreats, community conversations, and webinars.

SPEAKING CLIENTS

- Young President's Organization, YPO-Gold and YPO Parent Network
- Harvard School of Public Health
- United Nations
- Million Dollar Round Table
- American Psychological Association
- California Women's Conference
- San Diego District Attorney's Office
- University of San Diego Kroc Institute for Peace and Justice
- Successful Aging Conference
- Scripps Health Hospitals
- Town Hall Meetings in NYC after 9/11 and Newtown, CT after Sandy Hook
- National Grief and Hope Convention

“Ken Druck walks his talk. He’s been through tremendous adversity and come out the other side a better human being and that’s what he’s going to be able to relate to your audience.”

Ken Blanchard - World Renowned Leadership Expert and Best-Selling Author of "The One Minute Manager"

AS SEEN ON



LARRY KING LIVE



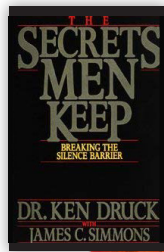
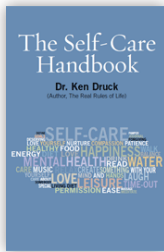
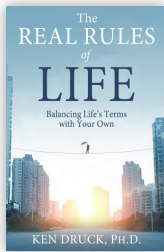
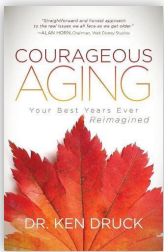
and over 50 podcasts



KEN ON COURAGEOUS LIVING

“We are all faced with adversity – as individuals, families, communities, organizations, nations and as a world. How we handle the challenges life presents defines our character and shapes our future. The Five Pillars of Courageous Living are a template for becoming the braver, smarter, more compassionate, resilient and caring version of ourselves and realizing our best possible futures.”

BOOKS



INTERVIEWS AND OP EDs (partial list)

The New York Times, The Washington Post, USA Today, LA Times, Chicago Tribune, San Diego Union Tribune, Success Magazine, Parade, The Hill

SOCIAL MEDIA (partial list)

Huffington Post, Medium, Thrive Global, The Good Men Project, ShareCare, Next Avenue, Costco Connection and over 100 original articles at Ken's "Small Print of Life" blog at www.kendruck.com.

TESTIMONIALS

“Dr. Ken Druck spoke to a large group of our Executives and their guests. Despite being the last speaker of the day, he kept all of us transfixed and hit it out of the park. Insightful, empowering, inspirational and truly life-changing.”

Brian Yui
Co-Founder, Sage Executive Group

“I have participated in self-care workshops before but I have never left with an actual, tangible plan for myself. I would recommend Ken without hesitation for groups looking to delve into professional grade self-care with a gentle and extremely knowledgeable leader.”

Jennifer D. Barahona, LCSW
*Executive Director,
Newtown-Sandy Hook
Community Foundation*

“Ken’s talk for our 1200 employees was truly and wonderfully informative, inspirational and entertaining.”

Summer Stephan
District Attorney, San Diego, CA

“Having Ken Druck as our lead speaker set the tone of authenticity, accountability and integrity for our entire conference. His compelling speech on how to transform adversity into opportunity was as refreshingly original as it was practical. Each of us left with a personal blueprint for positive change.”

Linda Fell
*Founder and President,
International Grief Institute*

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