

# DR. TIM CROWLEY

**LIVE WITH PURPOSE. LEAD WITH HEART.**

**Motivational Speaker | Leadership & Mindset Expert | Momentum Maker**

Helping teams reconnect, reset, and rise: one practical shift at a time.  
High-energy keynotes that shift thinking, spark connection, and drive real-world results.

## **What Meeting Planners Count On Me For**

You're not looking for another generic speaker.  
You're looking for someone who gets your people and moves them.  
Someone who brings more than inspiration.  
Someone who brings tools, connection, and energy that actually last.  
That's where I come in.

**Every keynote, workshop, or training I deliver is built around one goal:**

Help your people show up better for themselves, their teams, and their mission.

## **Here's what you can expect:**

- A fully customized experience shaped around your audience and outcomes.
- Science-backed strategies your team will remember and use.
- A room that's engaged, energized, and thinking differently by the end.
- Follow-through that extends beyond the event.

Because this work isn't just about great content.

It's about creating moments that shift mindsets and spark momentum.

## **Keynotes That Stick. Content That Changes Everything.**

### **The Bright Side Habit:**

How to live and lead with purpose, resilience, and joy, one shift at a time. Not toxic positivity.  
Just real, research-backed optimism that works.

### **From Burnout to Breakthrough:**

Your people are exhausted. This gives them the mindset and strategies to reset and rise.

### **The 3% Rule:**

What the top 3% of leaders do differently, and how your team can join them.

### **The High-Performance Code:**

The habits and behaviors of winning teams, based on research, not just good intentions.

### **Reconnecting in a Disconnected World:**

How to build real trust and connection in a world full of noise, stress, and disconnection.  
Every presentation is available as a keynote, in-person training, virtual experience, and fully customized to meet your team's needs.

## **What Your People Will Walk Away With**

Your team won't just feel inspired. They'll take action within 48 hours.

They'll leave with practical, science-backed tools like:

The Morning Reset - Set your tone before your to-do list

The Reframe Habit - Interrupt negative spirals with one powerful question

Gratitude on the Go - Shift mindset in 60 seconds

The Presence Pause - Lead better, even under pressure

Connection Over Perfection - Build trust through authenticity

Purpose Anchoring - Reignite meaning in your day-to-day

The Nightly Reset - End your day with clarity, not chaos

**Let's Build Something Unforgettable.**

I'm based in Missouri and travel nationally and abroad, wherever your people need a spark, a shift, and a meaningful experience that sticks. Ready to create lasting impact? Let's talk.



## **Trusted by Teams Across Every Industry**

With over 25 years of experience, I've had the honor of working with organizations across healthcare, finance, tech, education, government, manufacturing, and beyond across the U.S. and internationally.

- Microsoft • Marriott • Nestlé
- AT&T • Hallmark
- Lincoln Financial Group
- Blue Cross Blue Shield
- U.S. Department of Health & Human Services
- Farm Bureau Insurance
- YMCA • University of Iowa
- Leadership Northwest Missouri and many more

Whether your team is on the front lines or in the boardroom, I meet them where they are and help them rise.

### **Connection Over Perfection:**

Build trust through authenticity

**Purpose Anchoring:** Reignite

meaning in your day-to-day

**The Nightly Reset:** End your day with clarity, not chaos

## What Clients Say (Testimonials)

"Authentic. Practical. Unforgettable. One of the best we've ever booked."  
Emily Rodriguez, Director of Events, National HR Summit

"Far exceeded our expectations." Jason Lee, Program Director, Financial Services Summit

"Tim's stories, tools, and delivery landed hard in the best way."  
Kara Mitchell, Senior VP, Leadership Conference

"A rare blend of heart, humor, and hard-hitting takeaways. Our team is still talking about it." Lauren Greene, Director of Culture & People Development, Healthcare System

"Dr. Tim Crowley is a catalyst for igniting passion, shifting thinking, and driving performance!" James R. Ellison, Retired NASA Program Director

"Unparalleled, inspiring; the best presentation of the conference!"  
Judy DeShan, District Supervisor, Community - Action - Networking Conference

"Your keynote address was informative, humorous, inspiring, and received the highest marks of the conference." Mary Landers, FDIC, Chicago, IL

"I loved everything about Dr. Tim, his energy, humor, relatability, and the way he effortlessly combined storytelling with practical tools. He made complex ideas simple, engaging, and actionable, leaving a lasting impact on how I approach both work and life."  
Attendee, International Nursing Conference

"We are still talking about your program! You were a hit with our entire staff. Not only did you hit the objectives we wanted, you far exceeded your expectations for training. We want you back!" Allan Barman, West Lake Inc., San Diego, CA

"Dr. Tim is just what the doctor ordered! Invite him back!"  
Nora Whitstruck, MASFAP Conference

### Who I Am and Why I Do This

I'm one of thirteen kids from a small town in Iowa.  
You learn to lead, listen, and laugh fast  
when you're competing for mashed potatoes at the dinner table.

I trained at the Menninger Clinic and earned  
my doctorate in psychology, but my real education  
has come from 25+ years of walking alongside  
leaders, teams, and everyday people  
facing real-life challenges.

I'm a psychologist by training, a coach by instinct,  
and a speaker by calling. But the title

I'm proudest of? Grandpa. It keeps me grounded,  
grateful, and focused on what really matters.

I live by a simple motto: **"Enjoy life,  
it's not a dress rehearsal."** I believe we're all here  
for a reason, a purpose, and a mission.

We're meant to build a beautiful life  
for ourselves and the people we love.

And more than anything,

I believe in standing

for something bigger than ourselves.

Be of use. Be significant. Be of service.

That's what I bring to the stage,  
and to your team.

**Because your  
people deserve more  
than a good speaker.  
They deserve  
transformation  
that lasts.**

### Real Results. Real Impact.

1.5 million+ people impacted.  
1,850+ presentations delivered.  
89% of attendees implement  
a tool within 48 hours.  
Organizations report measurable  
boosts in clarity, culture,  
and connection.

### And here's what matters most:

Clients consistently invite me back  
because the impact lasts long  
after the event.

### The Movement Behind the Message (Book Collection)

#### Launching this fall:

The Bright Side Habit,  
the first book in  
The Life + Leadership Collection.  
This isn't just another  
business book, it's a field  
guide for modern leaders  
and real-life humans.  
And it's just the beginning.

#### The full collection includes:

- The Bright Side Habit
- The Seven Essentials
- Bright Side Daily
- The Big Three
- You Gotta Laugh

Each book delivers real tools  
your people can use to lead  
better, live better, and build  
something that lasts.

