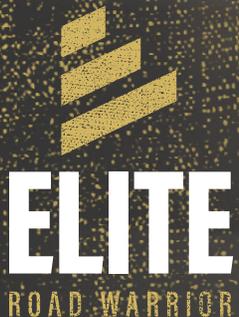


# BRYAN PAUL BUCKLEY

## BUSINESS TRAVEL PERFORMANCE EXPERT

Motivate and inspire your audience  
with a high-energy, memorable presentation



# BRYAN PAUL BUCKLEY

Bryan Paul Buckley has been a Road Warrior for more than ten years and travels both domestically and internationally. He's traveled as a bottom of the barrel manager to the height of a vice president.

Bryan Paul Buckley is a hard driver and high achiever who is known as The Energizer Bunny for his nonstop energy. This caused him to push so hard on the road he was sidelined with major health issues that could've been avoided. He also found himself 40 pounds overweight and struggling with his energy until one day he "had enough" and made major life changes that produced tremendous results in every area of his life.

He's the husband of one and father of five who lives with his family in the Chicago area. He understands the importance of family and the challenges of staying connected on the road.

Bryan Paul Buckley provides a high energy and engaging presentation full of challenging, motivating, and encouraging stories to help the audience walk away inspired and ready for change!

- ✔ **HOW TO INCREASE RESULTS WITHOUT WORKING NON-STOP**
- ✔ **HOW TO GET FIT ON THE ROAD WITHOUT A LOT OF TIME**
- ✔ **HOW TO EAT HEALTHY ON THE ROAD WITHOUT COMING CLOSE TO STARVING**
- ✔ **HOW TO REST TO BE YOUR BEST ON THE ROAD WITHOUT SACRIFICING PRODUCTIVITY**
- ✔ **HOW TO INVEST IN YOU WITHOUT AFFECTING YOUR WORK, ONLY IMPROVING**
- ✔ **HOW TO STAY CONNECTED WITH THOSE BACK HOME WITHOUT REACTING ALL THE TIME**

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# BRYAN PAUL BUCKLEY

KEYNOTE  
PRESENTATION:

## THE ELITE ROAD WARRIOR: How to Master the Business Travel Life Without Losing What Matters

Life on the road is challenging and complex. Those who don't travel for work only see the glamour of new cities, hotels, and eating out. They don't see the long hours, travel delays, meeting cancellations, and being away from those you love back home.

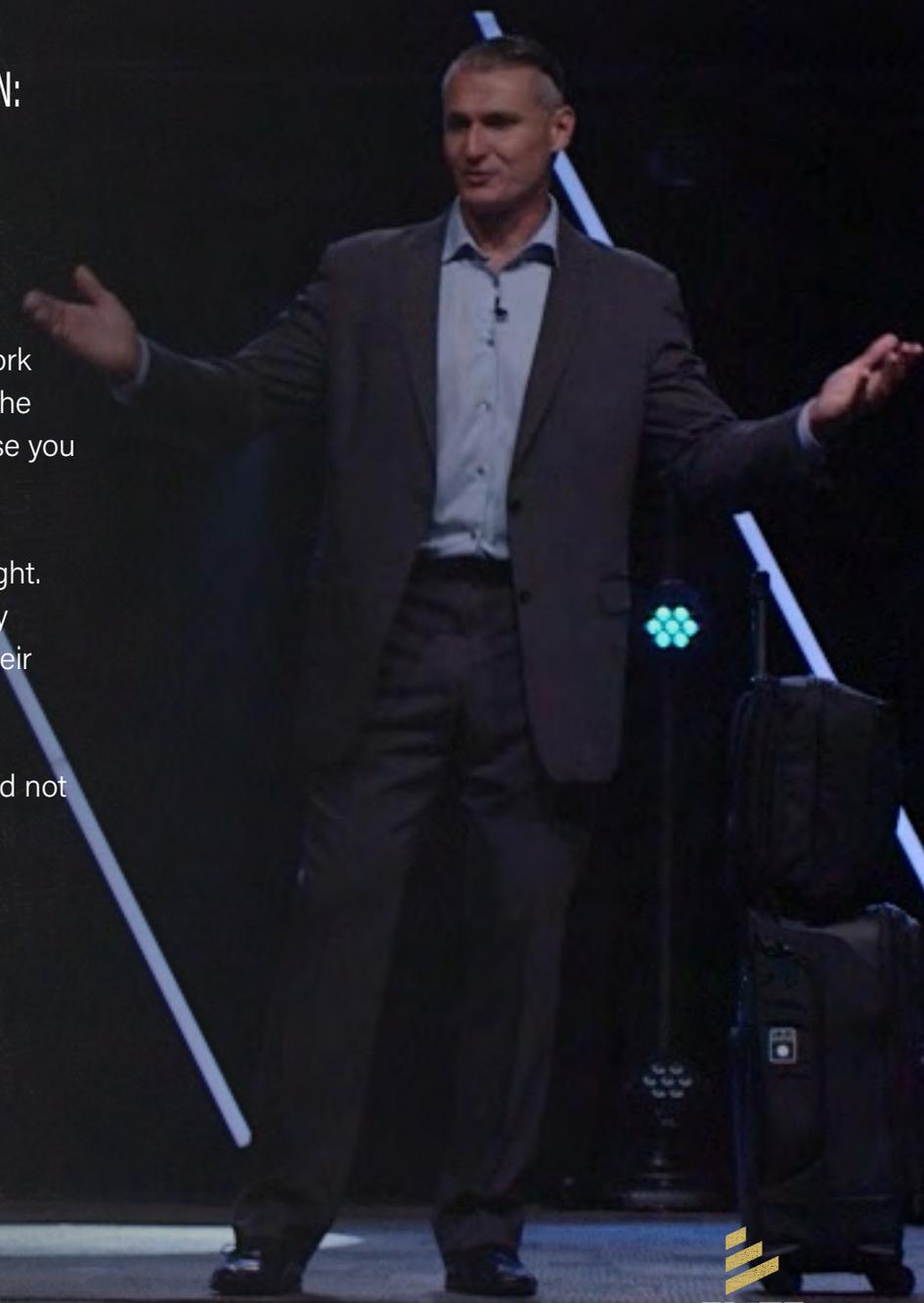
Yet many business travelers just “do their road thing” with little to no thought. They make their plans, pack their bags, show up, and come home—usually bringing home another pound, some exhaustion, and possibly burnout. Their productivity suffers as well as their health.

It doesn't have to be that way. Business travelers can excel on the road and not compromise what matters most in their lives.

In this unfiltered, solution-rich presentation, you will learn:

- ✓ **THE THREE BIGGEST CHALLENGES IN THE LIFE OF A BUSINESS TRAVELER**
- ✓ **THE SECRET SHAME OF HIGH-PERFORMING BUSINESS TRAVELERS**
- ✓ **THE #1 FEAR OF BUSINESS TRAVELERS ON THE ROAD**
- ✓ **MANAGING THE TWO STRONGEST WORK TENSIONS**
- ✓ **SIX ENERGY HABITS NEEDED ON THE ROAD TO BECOME ELITE**

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# MOVE ENERGY HABIT

## HOW TO GET FIT ON THE ROAD WITHOUT A LOT OF TIME

Lack of movement affects our energy especially on the road. It's natural to take the path of least resistance. The key is finding realistic ways to combat this challenge and gain the energy you need to be at your best when traveling.

LEARN THE POWER OF THE INCREASE M4X FORMULA:

1. STAND MORE
2. WALK MORE
3. RUN MORE
4. LIFT MORE

- ✔ Create movement opportunities in airports, hotels, even conference rooms
- ✔ Increase energy with creative workout ideas that take little time but offer massive results
- ✔ Employ movement triggers that prompt quick energy wins





# FUEL ENERGY HABIT

## HOW TO ACTUALLY EAT HEALTHY ON THE ROAD WITHOUT COMING CLOSE TO STARVING

According to my research, eating healthy on the road is the #1 challenge of a business traveler. It's easy to make quick and poor decisions that directly affect our energy and ultimate effectiveness. The key is changing how we view eating: Food is Fuel and Fuel is Energy.

LEARN THE POWER OF THE MAKE THE HEALTHIEST CHOICE FORMULA:

1. CONTINUALLY HYDRATE
2. CLEAN AND GREEN
3. CARRY A CONTROLLED SUBSTANCE

- ✔ Determine the foods that are weighing you down and the foods that bring you energy
- ✔ Increase the proper liquids in creative ways to keep you properly hydrated and alert
- ✔ Employ an effective snack strategy that guarantees you're never without nutrition





# REST ENERGY HABIT

## HOW TO REST TO BE AT YOUR BEST ON THE ROAD WITHOUT SACRIFICING PRODUCTIVITY

The secret shame of high performing business travelers is they simply don't know how to rest. Over time their activity goes up and their productivity goes down. The key is maximizing rest in creative and effective ways that produce quick, tangible results.

LEARN THE POWER OF THE STRATEGIC RESTING FORMULA:

1. **SLEEP - BETTER THAN MORE PRINCIPLE**
2. **BREAKS - MOVE THE BODY, REST THE MIND**
3. **DOWNTIME - TIME TO BE, NOT TO BE ON**

- ✓ Recharge by learning how to sleep better first before even adding more time to your night
- ✓ Boost your energy with quick, effective breaks that move the body and rest the mind
- ✓ Create ways to be not always be on so you can re-engage with more energy



# PERFORM ENERGY HABIT

## HOW TO INCREASE RESULTS WITHOUT WORKING NON-STOP

Performing at a high level is why we're on the road. But too often we're over-worked and under-productive which leads to pressure and stress. The key is working smarter not just longer that gives us the incredible results everyone wants in the end.

LEARN THE POWER OF INTENTIONAL PERFORMANCE FORMULA:

1. **PLANNING**
2. **BLOCK AND TACKLE**
3. **PACING**

- ✔ Increase your overall effectiveness with strategic planning and prepping
- ✔ Optimize your time by learning how to maximize work windows throughout a business travel day
- ✔ Identify your energy levels so you can pace yourself properly through the day



# DEVELOP ENERGY HABIT

## HOW TO INVEST IN YOU WITHOUT AFFECTING YOUR WORK ONLY IMPROVING IT

Sadly most people have stopped growing professionally and personally especially the business traveler. Who has the time, right? But this mindset actually decreases your ultimate effectiveness. The key is how and when to develop on the road.

LEARN THE POWER OF THE INVEST IN THE YOU FORMULA

1. SHARPEN THE MIND
2. PROCESS THE THOUGHTS
3. MONITOR THE HEART

- ✔ Create learning windows that are already in the natural flow of your day to sharpen your mind
- ✔ Employ strategic thinking times to process the thoughts to become a person of action not information
- ✔ Engage in mindfulness activities that allow you to monitor your heart and how you're really doing



# CONNECT ENERGY HABIT

## HOW TO STAY CONNECTED WITH THOSE BACK HOME WITHOUT REACTING ALL THE TIME

The reality is we leave those we love back home and often with increased responsibilities. And the more we travel, the easier it is to be disconnected and drift apart. This adds stress on our personal life and directly affects our work. The key is investing in those that matter to us back home in meaningful ways.

LEARN THE POWER OF THE MAKE THE PROTECT CONNECT FORMULA

1. **CONNECT INTENTIONALLY**
2. **CONNECT THOUGHTFULLY**
3. **CONNECT CREATIVELY**

- ✓ Implement a commitment to connect on purpose
- ✓ Develop a reflective time to connect with thoughtfulness
- ✓ Learn creative ways to connect that are unique and memorable

# NEXT STEPS

## WATCH BRYAN PAUL BUCKLEY'S VIDEOS:

- ✓ [Click To Watch Promo Video](#)
- ✓ [Click To Watch Speaking Video](#)

## VISIT [EliteRoadWarrior.com](http://EliteRoadWarrior.com)

- ✓ [Corporate Options](#)
- ✓ [Contact Bryan Paul Buckley](#)

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