

CORY M. CARLSON

Author | Keynote Speaker | Business Executive Coach

SPEAKING INTRODUCTION

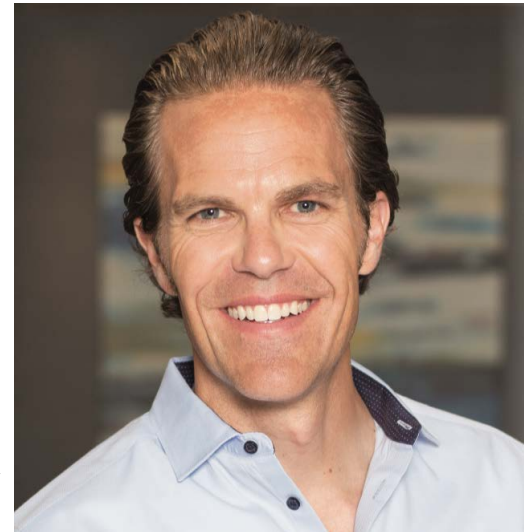
Is life 'just OK'? Are you constantly feeling that your life is out of balance? You can't keep up at work or home. Plus, you don't feel you are living out your purpose. You just feel stuck. Maybe you have even made mistakes that you don't know how to overcome. In the end, you feel you are not winning at work or home.

Cory Carlson can relate and is passionate about helping business leaders reach greater levels of performance and discovering their purpose in life.

Cory spent majority of his corporate career going to the wrong places to answer his questions of who he was. About six years ago, he was introduced to Five Capitals and it changed the trajectory of his life and career.

Get ready for authentic stories and actionable tools to help you move from a life of 'just OK' to one that is thriving. A life where you are winning at both work and home.

Please welcome, Cory Carlson.



LONG BIO

As an entrepreneur, former executive, husband, and father of three, Cory M. Carlson understands the pressures working parents face. He is passionate about helping business leaders win both at work and home. Twenty years in corporate America gave Cory amazing opportunities, as he worked his way up to the executive level. But he also saw brokenness: work without purpose, strained marriages, and absentee parents. Business leaders especially were often not living life to the fullest.

When Cory discovered coaching, it helped him become a better leader, husband, and father. So, he left his corporate career to help other leaders achieve a healthier work-life balance. Currently, Cory lives in Cincinnati with his awesome wife and three amazing children.

Cory is an author of *Win at Home First*, a keynote speaker, and executive coach. To hire him to speak at your event or to coach you or your team about how to balance the responsibilities of home and work, please connect with him at www.corymcarlson.com.

SHORT BIO

Cory M. Carlson is an author, speaker, and executive coach who is passionate about helping business leaders win at work and home. He lives in Cincinnati with his awesome wife and three amazing children. To hire Cory to speak at your event, or coach you or your team, please connect with him at www.corymcarlson.com.

PERSONAL

Cory was born in Denver, Colorado. At a young age, Cory's dad was transferred to Kansas City, Missouri where he grew up with two siblings. A big part of Cory's childhood was losing his mom to breast cancer when he was 15 years old.

He went to University of Missouri where he studied Civil Engineering. While at Mizzou, Cory was a member of the Beta Theta Pi fraternity, member of Chi Epsilon, a Civil Engineering Honor Society, president of Engineering Student Council, and voted King of Engineering school.

He married Holly in 1999 and they began their career in Kansas City. Cory started as a civil engineer in Kansas City with Burns & McDonnell. Cory felt engineering did not fit his personality and passion, so joined Contech Engineered Solutions, a national company that sold civil engineering products, such as bridges and storm sewer.

Cory had a successful career with Contech going from Kansas City, then promoted to Denver, Colorado, to manage a region, then promoted to Cincinnati, Ohio where his last role was VP of a \$100M division. While at Contech, Cory hired an executive coach to help with leadership development and fell in love with the coaching process that led to not only his transformation, but those he led.

Cory took one more corporate position where he was President of Sales with Ground Works Solutions, a national specialty contractor in the civil engineering and geotechnical space. There he led 30 sales individuals and used his executive coaching tools to lead the team to personal and professional growth.

After seeing this impact on those he led, Cory left corporate America to help other business leaders map out their own journey to transformation. Executive coaching helped Cory overcome some dark personal failures as well as navigate through various successes. Cory brings these experiences and perspective to relate to other business leaders and owners on their journey. The content focus is helping people live an integrated life, discover a "life to the full", increase their confidence in the workplace and grow their business. Cory works across all industries, faith-based and corporate settings, helping people to build a life worth living.

Cory lives in Cincinnati, OH with his wife of twenty years, Holly, and their three children. Cory released his first book in June 2019, titled *Win at Home First*. The book is an inspirational guide to help business leaders and executives with their work-life balance.

Cory is on the Board of Directors for Aruna, a nonprofit providing sustainable employment to women freed from sex trafficking in India. Cory is also an active member of Crossroads Church in Cincinnati.

Learn more at: www.corymcarlson.com

EDUCATION

University of Missouri, Bachelor of Science in Civil Engineering, 1998

Rockhurst University, MBA, 2003



AUTHOR

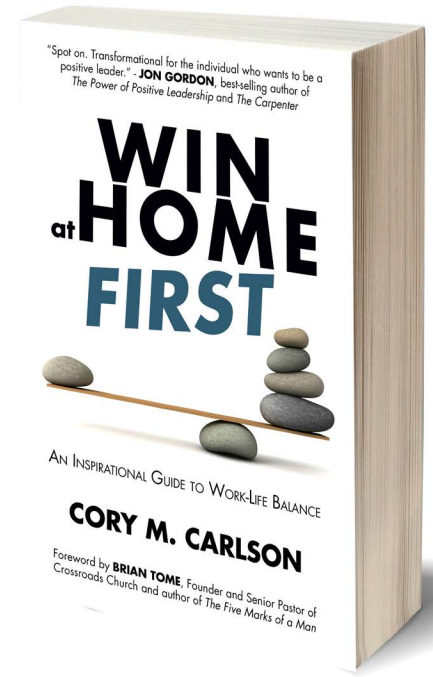
Win at Home First gives business leaders, entrepreneurs, and executives a practical, eye-opening guide for thriving both at work and home.

Many of us focus on winning at work. Whether it is from our own fear or the expectations of others, we put pressure on ourselves to succeed. Then, with whatever time and energy is left, we give to our family and to ourselves. In the end, no one wins. Marriages suffer, kids are neglected, teams at work are not developed, and you are not fulfilled.

There is a better way. You, your home, and your work can thrive. This book will help you discover how to:

- Craft a personal and family vision
- Achieve work/rest balance
- Have a close marriage of fun and intimacy
- Build into your kids to set them up for success in life
- Prioritize for even greater impact at work
- Equip and empower your employees

Succeeding at work doesn't mean you have to fail at home. You can do both. Here's how.



"Win at Home First is spot on. The combination of testimony and tools make this book transformational for the individual who wants to be a positive leader." – **Jon Gordon**, bestselling author of *The Power of Positive Leadership* and *The Carpenter*



"I'm thankful for *Win at Home First*. The pathway to truly winning in life is exactly opposite of the way we've all been taught, and I'm thankful for the reminder. **Just like you, I want to win. Cory is pointing the way.**" – **Brian Tome**, founder and senior pastor of Crossroads Church and author of *The Five Marks of a Man*



"In his book, *Win at Home First*, Cory M. Carlson produces a **thought-provoking, logical progression of priorities that sets the stage for operational success in all dimensions of life.**" – **Chad Williams**, former Navy SEAL and bestselling author of *SEAL of God*

SPEAKING

Are you looking for a speaker with authenticity and tools for action?

Whether it is being vulnerable and sharing lessons learned from his failures or sharing best practices from successes he has been a part of – Cory leaves it on the stage. One of Cory's favorite parts of his job is speaking to audiences and sharing the insight and ideas that have helped his life, as well as his clients' lives.

In addition to inspiration, your employees or conference attendees will leave with tools they can immediately implement at their work or home.

- Core Keynote Talks Include:
 - How to Live a Prioritized Life
 - Brand Clarity: for your Family and Company
 - Ways to Create a Healthy and Productive Culture
 - Creating Leaders for Impact and Influence

"The content Cory shared was impactful and relevant, but more importantly—**Cory's energy, vulnerability, and audience engagement was bar none.** I highly recommend Cory if your team is not only looking for inspiration, but also implementation."
- Michelle Metcalf, Director of Advisor Experience, Northwestern Mutual



"Cory was a featured speaker at our bank security seminar for customers and employees. **He's an enthusiastic and knowledgeable communicator who engages the audience with personal stories and visual tools.** His content was customized to the theme with practical information that invited attendees to take action. I would recommend Cory for anyone looking for a speaker for their event." - Pamela Goetting, Senior Vice President, Heritage Bank

<https://www.corymcarlson.com/speaking/>

BUSINESS EXECUTIVE COACH

Every one of us, as leaders, have big dreams, ideas and goals we want to achieve. So why is it so hard to turn those dreams into reality?

Cory Carlson's coaching will equip you with the tools and processes to uncover the obstacles standing in the way of your vision becoming reality. Outcomes:

- Recalibrate and realign the top five areas of your life to all the more readily reach your goals
- Cultivate a targeted and reachable strategic goal path
- Increase self-awareness & emotional intelligence for executives, managers and team members
- Increase your ability to handle and manage conflict
- Engage with the best practices of top leaders to quickly take on practices which are right for you

"I've worked with a lot of coaches, and Cory is the best. He has focused on my personal growth over my professional growth, and what I've found is that when you grow personally, you always grow professionally, but not necessarily the other way around. **In a world where coaches only pay lip service to personal growth, Cory stands out. He has made me not only a better businessman, but a better man.**" - Ben Beshear, Wealth Management Advisor and Managing Director, Northwestern Mutual

"Since I partnered with Cory, my whole life has changed, and only for the better. The work we have done together has been incredible. My personal and professional life has been enriched through this process. **Working with Cory changed the way I look and think about every situation. I am 100 percent a better person inside and out.** I would implore anyone who has the opportunity to work with Cory to grab it with both hands—you won't be sorry." - Peter Lane, Marketing Manager, Johnson & Johnson

"I am grateful we hired Cory and for the lasting impact his coaching has had on our team. His passion and personality blend- ed with his direct approach and real-world experience provide a great environment for transformation and growth. Plus, the tools and concepts he uses can be used at all levels and are great for teaching across the entire organization." - Chris Hendriksen, Chairman of VRI

"Cory Carlson is an accomplished executive coach as he prompts a metamorphosis in business leaders through the Five Capitals principles, increasing an individual's impact at both work and home. **His blend of character, business acumen, and sensitivity are what business leaders need today.** I have hired Cory to coach five of our top leaders at the bank, as well as lead our new Leadership Development program, an ongoing annual commitment to groom leaders from within our own ranks. **I would confidently recommend Cory to any business owner looking to increase the impact and depth of their business leaders.**" - Chris Caddell, Chairman of Heritage Bank



NEXT STEPS FOR YOU AND YOUR TEAM

To schedule Cory Carlson to speak at your next event or coach you or your team, please contact 720-301-8377 or via email cory@corymcarlson.com

Topics include: Live a Prioritized Life, Four Essentials of Business, Healthy and Productive Culture, Increase Your Impact and Influence, Win at Work and Home, and more

To learn more about Cory Carlson:

Personal website: www.corymcarlson.com

LinkedIn: www.linkedin.com/in/carlsoncory/

Facebook: [@CoryCarlsonLeadershipCoaching](https://www.facebook.com/CoryCarlsonLeadershipCoaching)

Instagram: [carlsoncory](https://www.instagram.com/carlsoncory)

Twitter: [@carlsoncory](https://twitter.com/carlsoncory)