



STRIVE
success solutions

presents

Derek Garcia



Inspirational Speaker * Goal-Oriented Coach * Professional Triathlete

Derek Garcia finds success – his and yours – through the relentless pursuit of clear, attainable goals.

In 2006, he had never run more than 3 miles at once. In 2008, he completed his first IronMan triathlon. In 2011, he became a professional triathlete. In 2012, he was diagnosed with testicular cancer. Today, he consistently pursues podium finishes in the sport he loves, passionately offers coaching support to others, and thrives as a tireless, focused survivor.

Derek knows better than most about overcoming adversity. He attributes his ability to eclipse obstacles to a handful of common-sense, replicable approaches: Define your goal, craft a plan, establish strong habits, and believe in a version of you that hasn't yet presented itself. In a down-to-earth, relatable way, he has been able to transfer those lessons to hundreds of fellow triathletes, weekend warriors, business executives, teams, and individuals over the past several years.

As a coach and speaker, Derek shares the lessons he has learned along his journey in a straightforward, honest manner. By confronting your current reality, adjusting your mindset, and calibrating your objectives and tactics, you will learn that incredible successes await those who fervently pursue them. With Derek as your partner, you'll be inspired to reach beyond your self-imposed limits to the dreams beyond.

"Derek's advice and guidance have helped me to live firmly in each day by accepting the outcomes and challenging me to find more opportunities for fulfillment."

-Meaghan F., Physical Therapist

"I completely trust that he will get me to where I need to be."

-John K., MD

**TOPICS OF EXPERTISE FOR DEREK'S
KEYNOTES, WORKSHOPS, AND COACHING**

- ✓ Coachability for champions
- ✓ Creating habits of success
- ✓ The importance of goals
- ✓ Overcoming adversity
- ✓ Exceeding your own expectations
- ✓ You get what you give
- ✓ One step at a time

**BRING DEREK TO WORK WITH YOU AND/OR
YOUR ORGANIZATION**

Contact **Strive Success Solutions** at



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Learn more about our services, speakers, coaches, and consultants:



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