

Why Hire Dr. Ryan Darby?

Real Transformation, Real Return on Investment

Stop procrastination, half-hearted efforts, low motivation, and poor work habits; start showing up strong. Every program has been vetted to the highest standards excellence and true transformation. Your members or employees will improve performance, operate from their strengths, own their own engagement, and development the habits of success.

Ryan delivers immediate actionable strategies that translate to increased productivity, more profitability, better sales and customer service metrics, and greater success. On average, participants who participate are 3x more likely to have an excellent quality of life and 6x more likely to love their jobs. Companies who participate report 15% less turnover, 8% more productivity, and 9% greater profitability.

Elite Expertise - No Fluff, No Bull, Just Scientifically Supported Solutions

Ryan is not just a speaker; he's an expert that speaks. Ryan is a Ph.D., former Professor of Workplace and Positive Psychology, and recognized thought leader on positive work cultures and habits. He is the co-creator of Gallup's Strengthsfinder coaching certification program—the largest and most successful strengths coaching program in the world. His original research has been published in top-tier science publications, like *Basic and Applied Psychology*, and trade journals, like the *Gallup Business Journal*, and featured in *The Atlantic*, *Huffington Post*, and many more. Ryan works daily in the real world consulting with many Fortune 500 companies and helping small and mid-size companies establish cultures of success.

World-Class Content and Delivery

Content counts. Delivery determines. The *right* content delivered in the *right way* can transform lives, careers, and companies. Ryan creates this transformative experience by giving participants content that is powerful, effective, scientifically-tested, and immediately applicable; they will *know* exactly what to *do*. His delivery is fun, interactive, and inspirational; audiences connect to him and the content, and *feel* confident that they can make the right changes. There is a reason the Gallup Organization awarded him the 2012 *Rising Star* award for elite training.

Demonstrable Change and Extended Learning

Ryan goes the extra mile to make sure that his programs make a lasting impact. Each program participant will have *free* access to **SimpleChange**, a proprietary learning system that helps participants build powerful habits related to their program. For 3 months after the program, this learning system will deliver micro-lessons on the topic and deliver suggestions for activities and behaviors that the individual can take to turn their knowledge into habits and skills. This program has been proven to create long-lasting behavioral change; the average user reports 4x the personal growth of the typical program attendee. You cannot find this support anywhere else.

Monday Strong

It's All About You

Ryan wants to know about you, your organization, your members, and the your unique challenges. Yes, there are base programs, but he doesn't deliver those. Your program is adapted and customized specifically for you. He is open to calls, emails, conference calls, whatever it takes to get to know your needs and interests so that he can customize your program to ensure that it is right on target.

Reach Your Potential; Become Monday Strong

If you want a transformative program to help you or your people to stop dreading Mondays and start living and working with happiness and success, you will want to talk with Ryan. He loves working with people who are ready to go to the next level. And he is ready to give you the habits, strategies, tactics, and tools to become Monday Strong.

**Call 904-615-6877 or email ryan@mondaystrong.com today to get started.
Looking forward to working with you!**