

Presentations by Thomas Crum



Turning Conflict and Stress into Success and Vitality

Thomas Crum Associates

PO Box 7845 • Aspen, CO 81612 • 970-925-7099 • Fax: 970 -925-4532
info@aikiworks.com • www.thomascrum.com



You are a WOW of WOWs! I love you and your greatly inspiring teaching techniques. I am deeply appreciative of your phenomenal talent, work and mastery. I want my entire team to take your training.

Mark Victor Hansen, co-author of the #1 New York Times and USA Today Best Selling Series *Chicken Soup for the Soul*

Tom, thank you very much! Everybody loved the conference, especially the day we spent with you. The whole company is talking about it.

Michael Eisner, Chairman and CEO, The Walt Disney Company

Your keynote session on “The Magic of Conflict” was clearly a Conference highlight! I thank you for your outstanding contributions of time, expertise, and commitment to the world of human resources.

June Baldino Siegler, Conference Director

American Management Association 65th Annual Conference

Tom is one of the most calming, creative and generous souls you will meet. Tom's inspiring talk at The Momference, was greatly received and left all of our participants with wonderful insights, stories and tips on staying centered, happy and more at peace, even in the midst of all of the stress and challenges their role as a mom can include.

- Mike Jaffe, Founder Jaffe Life Design and Momference.

“Tom Crum's Three Deep Breaths technique is an incredibly unique and effective approach to dealing with stress—if used correctly, it could add years to your life.”

—Stephen R. Covey, author of the bestselling *The 7 Habits of Highly Effective People* and *The 8th Habit: From Effectiveness to Greatness*



Unmanaged stress is a 21st century epidemic. Traffic jams, technological change, information overload, time-crunch, exhaustion, performance anxiety, emotional roller-coasters, relationship difficulties and other stressors can jeopardize our health, our creativity, our productivity, and our vitality.

According to the American Institute of Stress, unmanaged stress costs the US \$300 billion annually. Statistics indicate that 75-90% of doctor visits are stress related, and approximately one million workers are absent every day due to stress. Stress is a major economic and performance issue for all businesses.

A presentation by **THOMAS CRUM** will enable you to turn:

1. Stress into vitality
2. Pressure into power
3. Anxiety into relaxed awareness

Tom will draw upon his **THREE DEEP BREATHS** model to provide participants with a clear, concise, and useable framework for understanding what stress is, based on the latest scientific evidence, and how to utilize stress to create greater health and performance.

In his presentation, Tom will use his **MAGIC OF CONFLICT** approach. The Magic of Conflict approach is a way of thinking and a way of living. It is an antidote to the intense personal and professional pressures of modern society: *a set of simple techniques and powerful communication processes* to help the individual master conflicts and turn frustration into fulfillment. From overcoming apathy to understanding how conflict can be an opportunity for choice and change, the approach turns mind-body integration principles into powerful tools. Struggle becomes success, conflict becomes strong relationships, and life at every level — home, office, personal, political — becomes a work of art.

The **MAGIC OF CONFLICT** approach enables you to:

- Use conflict as an opportunity to grow and to change
- Be calm and centered in any conflict
- Deal with pressure effectively
- Achieve balance in a frenzied life
- Understand true power and how to cultivate it
- Break through from mere success to quality and peak performance
- *Be tough on the issue, soft on the person* in conflict
- Turn an adversary into a partner
- Chart a precise action plan for effective communication
- Co-create viable solutions while honoring all sides



Thomas Crum is an author and presenter in the fields of conflict resolution, peak performance, and stress management. He is known throughout the world for his best-selling books and his inspiring presentations which help people become more centered under conflict, resourceful when facing challenges, and effective under stress. For over 35 years, Tom has taught Aikido, a graceful martial art which uses energy rather than force to resolve conflicts, and includes principles and movements from Aikido, Tai Chi Chuan, Qi gong, and other mind-body arts in his presentations. This creates an experiential event which adds excitement, color, and value.

Acclaimed as “much more than another talking head,” Tom conducts presentations for organizations worldwide for management and employees at all levels in corporations, government and non-profit organizations. His major corporate and organizational clients number in the hundreds and include Intel, SONY, Wal-Mart, Amgen, Sandia National Labs, and the Navy SEALs. He is a popular keynote and plenary presenter, with appearances at many international conferences and associations including the American Society of Training and Development, Franklin Covey, the Ken Blanchard Companies, Systems Thinking in Action, and Global Institute for Leadership Development.

Tom Crum’s work is applicable to every aspect of our lives – our work, relationships, families, and even athletic performances.. For those among us who like to ski or play golf, Tom integrates his work with these sports. The Aspen Ski Company has adapted Tom Crum’s work for use in their ski schools and Tom’s week-long Magic of Skiing program, which has brought skiers to Aspen, Colorado for the past twenty-five years, is the most successful multi-day program in Aspen, Colorado ski history. Tom also is a personal coach working with executives, athletes, and the general public.

Thomas Crum books, audio and visual materials and other products include his best-selling books, *The Magic of Conflict* and *Journey To Center*, and his latest book, *Three Deep Breaths: Finding Power and Purpose In A Stressed Out World*.

I wanted to let you know what a profound impact your training had on me personally and professionally. It was an absolute turning point in my life.

I have loved reading the Magic of Conflict and have shared my experience in the training with many. Your words are powerful....they open people's eyes to a better way.

I have shared with Abbott management that your training was possibly the most innovative and applicable leadership training I have ever had the pleasure of experiencing.

- Leonore Ciancio, Abbott Labs

A Sampling of Thomas Crum Clients

Abbott Laboratories
Aetna/ Canada
American Academy of Dental Practitioners
American Society of Training and Development
Aspen Valley Medical Foundation
Aspen Skiing Corporation
ATT
Avnet
Blanchard Training and Development
Blue Cross/Blue Shield of Virginia
Build-A-Bear
Chase Manhattan Bank
Chevron Oil
Cianbro
City of Albuquerque
City of Aspen
Coldwell Bankers
Dansk Kursus Magazine, Denmark
Desert Hills Dental Care
Diebold
Digital Equipment Corporation
DS International, Inc.
Evolve Partners, LLP
Farley Industries
Federal Reserve Bank of Philadelphia
Genentech Quality Control
General Electric
Glaxo, Inc.
Hawaii Leadership Academy
Holistic Resource Management
Intel
Interface Global
Intermerc Technologies
Intermountain Health Care
Institute for Personnel Management, SA
Linkage, Inc.
McKinsey & Company
Mercy Hospital, Miami, FL
Mountain Travel Symposium
National Association of Fleet Administrators
National Forest Service
National Wellness Association
Nestle
Parsons Corporation
Proctor & Gamble
Purina
Raytheon
Rio Tinto Alcan
Rocketdyne
Sandia National Laboratories
Simmons Bedding Company
SONY
Steven Covey Associates
Syva Corporation
Texas Association of School Nutrition
TI-IN Network
Turner Construction
TriQuint Semi-Conductor
United States Air Force Academy
Unity Churches - many
University of Maine
U.S. Navy SEALs
U.S. Dept. of the Interior, Denver, CO
U.S. Treasury Executive Development Institute
U.S. Western Management Development Center
Wal-Mart
Washington Health Care Association
Washington Mutual
Wm. M. Mercer, Inc.
Young Presidents' Organization - many

Truly great performance of individuals, teams and organizations requires clarity of purpose and building effective relationships. Tom's work opens those doors.

David Humphreys, CEO, Hicks Financial Solutions

“Tom Crum and his programs are the greatest!”

**Ken Blanchard, Ph.D.
co-author of *The One Minute Manager* series**



Change is coming at us at unprecedented speed. In this information-overloaded, technology-exploded, relationship-eroded world, “burned-out” and “stressed out” are rapidly becoming the norm. Acclaimed as much more than “just another speaker,” author and educator Thomas Crum will teach us real skills to balance our lives and to turn the stresses and conflicts of today’s changing world into vitality and powerful relationships. And, he will do it in a directly applicable and visually enlightening program. Learn principles that apply not only in the office, but also at home, or wherever you choose to spend your leisure time. Experience mind/body skills for relaxation, heightened awareness, and clearer focus that will enhance peak performance in an ever-changing world without increasing stress. Life and change is coming at us fast. Come learn how to dance on a shifting carpet!

A **THOMAS CRUM** presentation can be tailored to meet the needs of your organization in a variety of lengths ranging from keynote through two-day workshop on the following:

- Conflict and Change Management
- Stress Management
- Team Building
- Leadership Training
- Peak Performance

Tom can accommodate all group sizes in his programs and has worked with groups ranging from 5 to 10,000 people. In all presentations, the audience is given hands-on exercises in a spirit of humor and congeniality. People come away recommitted and refocused, with new tools for handling conflict and creating powerful relationships.

Contact us today to book a date!

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