

Keynote Speaker - Garret Garrels

- August 18th, 2010 – Keynote/Workshops—Humboldt School District; Winnemucca, NV
- August 21st, 2010 – Educational Session—National Fitness Tradeshow; Reno, NV
- October 23, 2010 – First Place—Toastmasters District 78 Humorous Speech Contest
- March 26th, 2011 – First Place—Toastmasters District 78 International Speech Contest
- August 18th, 2011 – Second Place—Toastmasters Semi-Finals of World Championship
- September 20th, 2011 – Keynote—Montana Association of School Superintendents
- October 8th, 2011 – Keynote—Rocky Mountain Development Council; Helena, MT
- March 11th, 2012—Keynote—Business Professionals of America State (MT) Conference
- April 21st, 2012 – First Place—Toastmasters District 78 International Speech Contest
- April 28th, 2012 – Keynote—CMS Scandinavia AMT Convention; Helsinki, Finland
- May 17th, 2012 – Educational Session/Workshop—Imperial College London, UK
- June 27th, 2012—Keynote—Montana Teen Leadership Summer Camp
- October 3rd, 2012 – Keynote—Positive Choices; Baker, Montana
- October 27th, 2012 – Keynote—AMT Sweden Fall Conference; Västerås, Sweden
- April 20th, 2013 – Keynote—CMS Scandinavia AMT Spring Convention; Skövde, Sweden
- June 1st, 2013—Keynote—Do the Write Thing Challenge Celebration
- October 9th, 2013 – Keynote—Montana Clerks for District Court Convention
- November 9th, 2013—Keynote—Fitness in the Rockies; Denver, CO
- January 16th, 2014—TED Talk—TEDxWhitefish
- March 27th, 2014—Keynote—Vibryross Norway; Drammen, Norway
- May 24th, 2014 – Commencement Address – Northstar Highschool; Rudyard, MT
- June 9th, 2014 – Keynote—Northern Rockies Healthcare Innovation Summit



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Titles and Abstracts from Previous Keynotes:

FIT is a Feeling, Not an Image: Four Step to Finding Your Inside Strength

The increasing pressure to fit our bodies into an image is decreasing our chances of ever being comfortable in our own skin. Finding this feeling of comfort and acceptance with our own body is both a process and a journey. This presentation will take you on a journey through four layers, eventually ending at the beginning of personal empowerment.

What Are We Working For?

Where does value come from? If it comes from the amount of money you spend, then other people are in control of your self-worth, and your total amount of meaning can never exceed your credit limit. But if it comes from the gratitude and appreciation you give, then there is an endless amount of meaning at your control. Some people have more than a job, and it's time to find out why.

Speaking the Happiness Language: What Translates?

Do you know anyone who doesn't like to be happy? All over the world, in nearly 7000 different languages, people are saying the same thing about happiness. Do you want to know what they're saying?

Revealing Champions: Finding the Leader Within

Sometimes the most profound lessons in life are the simplest ones. Every life changing action can be narrowed down to single moments and beliefs that all add up in the end. Whether in business or in life, Champions are not made, Champions are sculpted from each one of life's experiences. Everyone has a Champion on the inside—your greatest self—and it's time to REVEAL it!

The 4 Be's To Becoming a Champion

A fresh look at an old theme. Garret's comedy-style approach takes the audience off the trodden path of success, and into new territories of self-appreciation, empowerment and happiness.

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Titles and Abstracts from Previous Keynotes:

The Anatomy of Empowerment: Where Are the Head, Hands and Heart?

Great leaders have one thing in common: they all have a body. Yet, not all leaders communicate with the same parts of their body. Garret believes that leadership is about empowerment and the secret is in the anatomy.

Behind the Scenes of Success

Where does inspiration come from? We hear about the victories, but we rarely see the losses. We want success, but we avoid the struggle. Out of 35,000 contestants in 116 countries – Garret finished in the top 18 in the World Championship of Public Speaking. But his failures taught him more than his accomplishments. Inspiration grows stronger when we accept our struggles.

Random Gifts of Art

In collaboration with the international artist and philosopher, Tim Holmes, Garret journeys the world on an avant-garde art project – with one goal: To give away original artwork to random strangers and... ask nothing in return. What can you learn from connecting with strangers? Find out how these lessons of empathy and connection apply to your life and business.





October 24, 2013

To Whom It May Concern:

This letter is to offer testimonial and recommendation for Mr. Garret Garrels. Garret presented the keynote address at the 2013 Montana Clerks of District Court Convention.

After a long day of court technology and budget training, the district clerks were ready to be entertained. Garret provided the inspiration we had hoped for and easily interacted with his audience. At the close of his presentation, the audience erupted into a standing ovation, an outward and visible sign of the varied emotion he had evoked within each of them. His message was the perfect ending to a perfect day.

When I e-mailed Garret to invite him to be our keynote speaker, I was pleasantly surprised at how quickly he responded. Garret's response time in communication and attention to detail were greatly appreciated throughout the planning stage. He arrived at the venue in ample time to mingle with his audience and ensure a seamless presentation.

Garret was very diligent in gathering information about his audience to tailor his presentation just to them. After several conversations, he decided to share his rendition of the *Hand of Happiness* which was a very thoughtful and creative expression of his journey to finding happiness. The examples he used were both humorous and heartfelt but always within the grasp of understanding.

Through the gift of poetic writing and creative speaking, Garret captivates his audience. He is a gracious young man with an engaging demeanor and poignant message. He receives my highest recommendation as a keynote speaker.

Please feel free to contact me regarding this letter of recommendation.

Respectfully,

Jennifer Blessum
Program Coordinator
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SCHOOL ADMINISTRATORS OF MONTANA

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October 7, 2011

To Whom It May Concern:

The purpose of this letter is to provide a testimonial regarding the presentation skills of Garret Garrels and Nick Milodragovich. I learned of their talents by reading in a local newspaper of Garret's winning performance at a Toastmasters competition and about an innovative business that they had started.

After contacting them, I found them to be very responsive, professional, and complete in their providing me with information regarding their presentation options and backgrounds. We agreed that they would present to the fall conference of the Montana Association of School Superintendents (MASS) in Bozeman, MT on September 20, 2011.

Scheduling "closers" for a conference is always a risk but I can happily report that Garret & Nick's presentation *Revealing Champions: Finding the Leader Within* was a BIG HIT with those in attendance.

The on-line evaluations provided by attendees reaffirmed the strength and quality of their work as did the line of attendees who approached them at the conclusion of the program to see about booking them for presentations in their local communities.

Feel free to contact me about this letter of recommendation.

Sincerely,

Darrell Rud

Executive Director

Grass Valley Elementary School

**Tim Connors - Principal
6465 South Grass Valley Road
Winnemucca Nevada, 89445**

**Telephone (775) 623-8150
Fax (775) 623-8152**

Grass Valley Elementary School's Vision

The mission of Grass Valley Elementary School is to value and develop each student's capacity to learn and to effectively collaborate with colleagues and families in order to achieve academic success and social responsibility.

August 20, 2010

To Whom It May Concern:

We were very fortunate to have Mr. Garret Garrels come to Humboldt County School District in order to give motivational speeches to the Staff of Grass Valley Elementary School, the Staff of French Ford Middle School, and Student-Athletes of Lowry High School. I was able to attend all speeches and was very impressed with the professional dialogue and plethora of information this enthusiastic young man was able to share. Garret's delivery was precise, informative, entertaining, and articulate. His audience was well engaged to each impeccable word spoken. Garret's underlying message within each speech gave inspiration to each audience member. I would highly recommend to any school, corporation, business or other entity to incorporate Mr. Garret Garrels into orally presenting your vision in order to help obtain goals set forth.

**Sincerely,
Tim Connors
Principal of Grass Valley Elementary School**



Montana
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Denise Juneau, State Superintendent

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April 16, 2012

To Whom It May Concern

This letter is to offer testimonial and recommendation for Mr. Garret Garrels. Mr. Garrels presented the keynote address for the 2012 Business Professionals of America, Montana association, State Leadership Conference as well as conducted two hour-long professional workshops for conference attendees the following day.

Our organization learned of Mr. Garrels through an article in the *Helena Independent Record* detailing both the obstacles conquered and the successes gained during his young professional career. Through hard work, determination, and a very creative mind Mr. Garrels has become a successful entrepreneur, published author, and an inspiration for all who have the opportunity to hear him speak.

Mr. Garrels was very thorough in researching information and gathering details about our organization including membership demographics, examples of local chapter service projects, and the many competitive events and leadership opportunities available to our membership. As a result, Mr. Garrels' opening session keynote, *The 4 Be's of Becoming a Champion*, and *A Champion in You* workshops were tailored specifically for the audience and were very well received by the student members, local chapter advisors, and guests. In addition to the opening session keynote address and workshops, Mr. Garrels went above and beyond and also spent time talking with the students throughout his two days at the conference.

Mr. Garret Garrels is a true professional to work with and an inspiration to all who have the opportunity to hear him speak; any organization would greatly benefit with Mr. Garrels as a part of their program. His ability and desire to interact and be involved with groups and individuals of all ages and backgrounds is evidence of his dedication and talents.

Sincerely

Eric Swenson, State Advisor
Business Professionals of America, Montana association