



## Audiences RAVE about the Off Duty Chief, Tim Eggebraaten:

Law Enforcement | Judicial Systems | Social Services | Crises Management Teams | Education & School Systems | Suicide Prevention & Bullying Initiatives | Military | Executive & Leadership Teams

### Speaker - Musician - Entertainer

A police officer since 1992, Tim is now “Off Duty”, allowing him to take his message, music and talent to the streets. A sought after entertainer with a powerful life-changing message your attendees won’t long forget, Tim shares remarkable, engaging stories of life on the force and the learning he has found and translates into our everyday lives.

Tim will have you tapping your toes, laughing and learning while he shares his entertaining, powerful and witty perspective on balance, growth, leadership and life.

### Signature Keynote: Finding Your Beat, the Rhythm of Life

We all face challenges which create our own beat in life when balancing family, careers, and struggling to find time for ourselves and our physical, mental and spiritual health. Prepare to be energized, inspired and entertained as “The Off Duty Chief” shares strategies and tactics for working YOUR BEAT!

### Key Take-a-Ways

- ★ Strengthen your critical thinking skills to lead teams and motivate those around you.
- ★ Develop your emotional intelligence: self-awareness, social-awareness, self-management and relationship management for a clear view of what’s happening on your watch.
- ★ Understand the warning signs that you have lost your balance and the steps needed to get back on track.
- ★ Identify and evaluate difficult situations and how to best navigate when outside of your comfort zone.



“A dynamic performer, singer and presenter; the combination results in on one of the best shows I have ever seen!”

**Dani Womack, VP California Peer Support Association**

“Tim’s presentation was OUTSTANDING interspersing his musical talents; he inspired with the insights shared on balancing our personal and professional lives.”

**- Randy Willis, Deputy Director for Professional Development Minnesota Sheriffs’ Association**

“The way Tim incorporates music into the presentation is incredible. It most certainly sets him apart from so many speakers ... just cannot say enough about how awesome he was!”

**- five-star rating attendee**

