

 Bryan Buckley

Speaking



Elite Road Warrior Six Energy Habits to Master the Business Travel Life

Keynote Description

Business travel can feel glamorous from the outside — but from the inside, it's exhausting, unpredictable, and relentless. Many professionals treat travel as a necessary burden: late nights, rushed mornings, unhealthy meals, disrupted routines, blurred work-life boundaries, and fading energy.

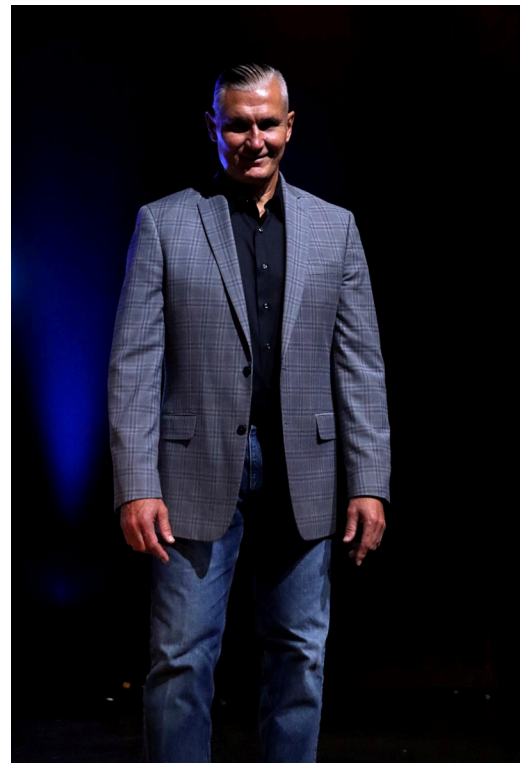
But it doesn't have to be that way.

In this hard-hitting and enlightening keynote, author and performance strategist Bryan Buckley reveals how he went from burned out and exhausted to becoming an elite road warrior — someone who performs at a high level because of travel, not in spite of it. Built around his powerful Six Energy Habits, this keynote challenges conventional travel norms and provides a blueprint for increasing energy, improving wellbeing, and strengthening connection on and off the road.

This message blends hard-earned insight, practical frameworks, and inspiring, reveling storytelling to help audiences not just survive travel...but harness it as a performance advantage. The content is framed with three focus areas: work, health, and home life. All three are critical to become an elite road warrior.

Attendees will discover how to protect their energy, sharpen focus, strengthen relationships at home and on the road, and build sustainable excellence into every business trip.

Whether you're in sales, leadership, operations, or any role that demands travel, this session provides the habits, mindset shifts, and behavior changes that turn draining travel into purposeful performance. You'll leave with strategies you can apply immediately so you can master the business travel life.



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Audience Outcomes

In this high-energy, interactive session, audience members will be able to:

- ✔ **Build a sustainable performance rhythm while traveling**
Adopt habits that protect energy, improve focus, and support long-term health — regardless of schedule or destination.
- ✔ **Apply the Six Energy Habits to elevate daily travel experience**
Integrate practical, real-world behaviors that improve movement, rest, nutrition, mindset, productivity, and connection.
- ✔ **Strengthen emotional and relational energy**
Use intentional strategies to stay connected to family, clients, and colleagues, even when physically distant.
- ✔ **Reduce stress and burnout through proactive energy management**
Identify travel-related triggers and implement habits that boost resilience, clarity, and mental stamina.
- ✔ **Transform travel from a drain into a competitive advantage**
Turn every trip into an opportunity to enhance performance, deepen relationships, and accelerate professional momentum.

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Stage Intro

Bryan Buckley has been in the corporate world for two decades, going from not-so-suite to C-suite positions that always leveraged his people skills. This has given him a rare understanding of what it really takes to earn trust and influence.

Bryan is the leading authority on the 1st 5 Minutes of a Business Conversation. He's a 5X author, speaker, and host of the popular, Elite Business Connector Podcast.

He's a husband of one, father of five, and lives in the Chicagoland area. He's a Chicago sports fan... which highlights his ability to be resilient, patient, and blindly loyal.

AV Needs

- ✔ **Video**
If video is used at the event, Bryan is requesting any video from his keynote along with requesting the ability to interview participants after the event on their experience of the keynote.
- ✔ **Microphone**
Bryan requests a wireless H6 Countryman Headset microphone connected to a professional audio system, in addition to two hand-held mics for audience interaction.
- ✔ **Slides**
Bryan can provide presentation slides in advance and will bring a backup on USB to the event.
- ✔ **Confidence Monitors**
Bryan strongly prefers at least one confidence monitor positioned at the middle front of the stage, along with a countdown clock beside it.
- ✔ **No Podium**
Bryan prefers not to have a podium on stage. If one must be present, please have it pushed back so he may walk in front of it unencumbered.
- ✔ **Stage Props**
Bryan is requesting three interview-type chairs to be used during his keynote for interviewing two crowd participants. Bryan is also requesting six 16" softballs to be used as props during a main point with a crowd participant. Odd request but these props play a key learning role
- ✔ **Beverage**
Please have a couple of room-temperature bottles of water available to Bryan while on stage.