

The 1st 5 Minutes

Leverage the Most Important Minutes to Build Connection, Trust, and Influence

Bryan Buckley is the Founder of Bryan Buckley Speaks and creator of **The 1st 5 Minutes**, a proven framework for building trust and connection in the moments that matter most.

For more than 25 years, Bryan has worked on the front lines of sales, leadership, and high-stakes business conversations. A career-defining setback led him to a simple truth that changed his approach to connection: **people don't connect because you're impressive. They connect because you're interested.** That insight became the foundation of The 1st 5 Minutes.

Today, Bryan partners with organizations including Verizon, AT&T, and T-Mobile to help sales teams, leaders, and hospitality professionals close the connection gap that technical training alone can't fix. Through his **Awareness-Application-Accountability** model—keynote, workshop, and coaching—he gives teams a repeatable system for opening stronger conversations and earning trust faster.

A five-time author and host of the *Elite Business Connector* and *Elite Road Warrior* podcasts, Bryan brings a distinctive approach to the stage. Through his signature **Visual Learning Experiences (VLEs)**, he uses object lessons, props, demonstrations, and visual metaphors to help audiences **see it, experience it, and remember it.**

Combined with **The 1st 5 Minutes framework**, Bryan delivers more than a memorable keynote—he gives audiences a practical system they can immediately put into action. **Bryan doesn't just teach connection. He makes it visible.**



Bryan
Buckley

Speaker, Author,
Podcast Host,
and Creator of
the 1st 5 Minutes
Framework



verizon

T-Mobile

vodafone

WOW

accenture



Keynote One

1st 5 Minutes for Leaders

Make It Safe to
Tell You the Truth.

Keynote Two

1st 5 Minutes for Sales & Customer Experience

Earn the Right to
the Rest of the Conversation

Keynote Three

1st 5 Minutes for Today's Multi- Generational Workforce

Bridge Generations
Through Better Conversations

Workshops, Coaching & Consulting, and Virtual Also Available

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