

Glenn Evans

Speaker | Coach | Cycle Breaker



Ignite Your Audience, Inspire Transformation, Drive Results

A rough childhood teaches us to be TOUGH. Becoming a cycle breaker frees us to live a life we LOVE & leave a legacy for others.

Speaker Themes

- Motivation & Inspiration
- Mindfulness Practices
- Overcoming Adversity
- Men's Mental Health
- Burnout & Stress Management
- Working in the Trades
- Substance Abuse
- Child Abuse / Sexual Abuse
- Compassion Fatigue
- Healing with Plant Medicine

Glenn Evans is a powerful speaker with a big personality and a massive heart. His unique journey—from surviving his traumatic childhood to creating the thriving life he has today—has equipped him with valuable insights and strategies to inspire personal and professional breakthroughs.

With humor and the authenticity that only comes from lived experience, Glenn helps audiences:

- **Break free** from past limitations.
- Build **resilience** in the face of uncertainty.
- Cultivate a mindset of **growth** and possibility.
- Address the **root cause** of stress, burnout, health issues, substance abuse, and relationship problems.
- Develop **compassion** for themselves and others.

Get your audience fired up by booking Glenn today!



GET THRIVING

hello@getthrive.com

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1-888-835-1110 | 608-213-6373

Overcome Adversity with a Positive Perspective

What You'll Experience

As a speaker, Glenn brings a down-to-earth, heartfelt approach that resonates deeply with any audience. Whether your audience is made up of corporate professionals, blue-collar workers, or non-profit teams, Glenn's insights will equip your group with the tools they need to thrive. His core message is one of hope, transformation, and personal empowerment—a message every audience can connect with.

"Glenn packs the union hall. Guys who rarely show up for classes come to his meetings. He has a great way of telling stories that illustrate the need for personal and professional development."

Jason Fernandes, Training Center
Coordinator, Local 367 Plumbers and
Pipefitters Union



Glenn's Story

At just 4 years old, Glenn and his two younger siblings were placed in an abusive foster care home. After regaining custody, his mother moved the family back to their Native Alaskan (Athabaskan) homeland, a remote village where survival was a constant struggle.

Determined to create a better life for himself, Glenn found success working in the trades (HVAC), moving up to sales and leadership roles, getting paid to travel the world. But outside success could not penetrate the deep brokenness he felt inside.

Burned out, unhealthy, and unhappy, Glenn decided he had to end the self-abandonment and replace it with self-care. He discovered the the healing power of community, mindfulness, and mindset, becoming a Positive Intelligence Coach. Today, Glenn is ready to share what it took – and what it continues to take – to create a meaningful, happy life after so much trauma and turbulence.

Survival tactics learned in childhood can leave us feeling stressed out, burnt out, stuck, lonely, lost, and overwhelmed. By reprogramming our beliefs and behaviors, we become the author of our lives!



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Keynotes, Workshops & Training Programs

Your audience doesn't need to come from a difficult background to benefit from our programs. Everyone has beliefs and coping mechanisms formed early in life that shape how we manage stress as adults. Left unrecognized, these patterns can affect us long into adulthood.

Key Statistics

- Stressed employees cost employers \$13,200 per year. (NSC.org)
- Reducing stress is a top priority for 77% of employers. (SHRM)
- 40% of job turnover is due to stress. (UMass)
- 90% won't use Employee Assistance Program services (SHRM)
- Construction employees are 500% more likely to die by suicide than to a job-related injury. (CDC) 90% come from troubled backgrounds.
- Child abuse and neglect are strongly correlated with physical and mental health problems in adulthood (childwelfare.gov)

Popular Talks

Each talk is customized to create high engagement with your audience and surpass your expectations.

- GET INSPIRED: Your Employees are NOT OK: Why mental fitness matters
- BLUE COLLAR BLUES: Being tough is NOT enough
- GET UNSTUCK: Find freedom from the stress and mess in your life
- NEVER TOO LATE: Finding the courage and conviction to rescue yourself
- PSSSST...Your childhood trauma is showing: How to stop letting your past limit your future
- How Abused Boys Hide Out and Act Out: Guidance for guardians and case workers

Coaching Programs

- REIGNITE: Burnout Recovery for the Trades
- Positive Intelligence - Thriving Men
- The CORNER GUY Collective

Memberships

National Speakers Association

RAINN

Positive Intelligence Coach

Indigenous-Owned (Native Alaskan)



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