Theo Fleury

Stanley Cup Champion, Olympic Gold Medalist, Mental Health and Trauma Expert

“I hope to convey to audience members that they too can overcome insurmountable odds. If I succeeded, so can they.” – Theo Fleury

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Language Spoken
English

Travel’s From
Calgary, Alberta
Canadian’s mostly know Theo Fleury for his time on the ice in the NHL and as an Canadian Olympian Athlete. But off the rink, his life once carried the markings of a troubled childhood, abuse and coping with emotional pain through addictive and self-destructive behaviours. Today, Theo Fleury defines himself as a victor over trauma and addiction, and a facilitator to those still trying to find their way. His best-selling books, Playing with Fire and Conversations with a Rattlesnake, encourage open sharing and provide practical tools that people seeking help can personally use. These tools are also useful to those who want to lead a productive conversation, called “Real Conversations”, with anybody else experiencing trauma.

Theo Fleury was awarded the Canadian Humanitarian Award and the Queen’s Jubilee Medallion. He is a Siksika Nation Honorary Chief and recipient of the Aboriginal Indspire Award. He also holds two honorary doctorates - one in Science from the University of Guelph-Humber for outstanding contributions to the mental health of Canadians, and another in Laws from Brandon University for his work in combating child abuse and promoting healing and recovery.

Fleury focuses on relational trauma and believes that by educating the public about the prevalence and signs of this type of emotional injury, we can increase awareness and reach more people who are in pain and in need of help. His goal is to shift people from the mindset that they are victims of trauma to a place where they view themselves as survivors. This powerful change in perspective is a positive step toward emotional and spiritual recovery. Theo Fleury teaches others the art of self-forgiveness and self-love in their lives.

Fleury knows this truism better than most. By helping others work through life’s obstacles, he gets stronger and healthier each day. He invites people to practice acts of helping in their own lives, because life and purpose exist in each small action that assists someone else in need. Today, Theo is a healthy, motivational and successful agent of change. Theo Fleury commits his life to daily transformation through personal growth, mindfulness and new action, and his compassionate spirit allows others to feel safe and whole by experiencing his vulnerability.

Theo Fleury is skillfully adept at inviting audience self-reflection during his many speaking events by creating safe environments for guests to share their own “Me Too” experiences. Above all Theo focuses on helping and leading others down a path of healing without controversy or blame.
“Me Too.” (Theo’s Story) - A CAPTIVATING AND EMOTIONAL TALK THAT ENHANCES HEALTH AND WELLNESS CONFERENCES, FUNDRAISING EVENTS AND SELF-BETTERMENT EVENTS AND RETREATS.

From the greatest heights to the lowest depths, both professionally and personally, Theo shares a message about winning it all, losing it all, and reinventing himself all over again. “Me Too” is an uplifting talk about hope. It is a reminder that we are never alone in our struggles, because we have all faced adversity in our lives.

Event Details:

- Theo delivers an inspiring 60-minute presentation
- 1-hour autograph session post-presentation
- Theo meets personally with your event’s VIP guests for pictures and autographs.
- Add-on services available (e.g. extended autograph session, puck drop, networking breakfast)

Event promotion:

- Fleury 14 will post a link to your event on our official website.
- Theo will “Tweet” about his appearance at your upcoming event (92K+ followers)
THEO’S FULL OR HALF-DAY WORKSHOP-STYLE SESSIONS ON LEADERSHIP AND TEAMWORK RESONATE IN WORKPLACE TRAINING SETTINGS, LEADERSHIP SUMMITS, TEAM-BUILDING RETREATS, EDUCATIONAL INSTITUTIONS AND REHABILITATION CENTRES.

The world is always changing. Theo embraces continual self-reinvention and teaches workshop participants that impactful leadership requires the willingness to welcome change into our everyday environments.

Helping other people in need is also a powerful leadership skill that many group settings can benefit from. By introducing the concept of “real conversations” to participants, Theo imparts the tools needed to first recognize signs of trauma in others and to then conduct productive conversations with survivors that can help them along their path toward healing.

This package is recommended for leadership summits, workplace training sessions, team-building retreats, educational institutions and rehabilitation centres.

Theo personally facilitates all Fleury 14 workshops with aid and support from trusted business manager, Dawn Roberts.

**Event Details:**

- Theo and Dawn will guide your group through a 3- or 6-hour, hands-on workshop.
- Participants will have opportunities to practice “real conversations” with peers during several break-out sessions.
- Fleury 14 provides all printed material to support themes discussed on the day of the workshop.
- Fleury 14 provides additional take-home printed resources and/or links that participants may reference anytime in the future.

**Event promotion:**

- Fleury 14 will send an uploadable promotional digital banner that you may post to your organization’s website.
- Fleury 14 is happy to reciprocate and post your organization’s logo/link on the Fleury 14 site for a predetermined duration of time, both leading up to and following the workshop.
Don’t Quit Before the Miracle | Playing with Fire

Theo delivers a powerful heart-rending message of reconciliation, courage, optimism, hope, confidence and success. Mr. Fleury touches the hearts of every audience member with his humorous recollections of his successful career as a hockey player. He then offers story of about hope, about moving forward and never giving up, even when the obstacles you face appear overwhelming and unbeatable. From the greatest heights to the lowest depths, both professionally and personally, Theo shares a message about winning it all, losing it all, and reinventing it all over again. His life story is compelling and convincing. It is relevant and resonates with every one of us.

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Hot stove with Theo Fleury

Enjoy an evening with Theo as he shares funny and outrageous stories of his years playing NHL hockey during the greatest time in the history of the game.

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Theoron Fleury || 2017 STARTS NOW Conference || Speakers Bureau of Canada

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Theoron Fleury || Speakers Bureau Of Canada

Watch Video

Theoron Fleury || On The Journey to Healing from Trauma || Speakers Bureau of Canada

Watch Video
Playing With Fire

Theo Fleury, who had walked away from hockey in 2003, leaving millions of dollars on the table and thousands of fans asking why, was determined to redeem himself. But how? With a comeback. Six years after his last NHL game, at age 41, weighing 215 pounds and with 25 per cent body fat, he had only seven months to get ready for the Calgary Flames training camp. His chance for redemption came in a pre-season game against the New York Islanders. The score was 4-4 going into a shootout when his coach leaned over and told him, “You’re up next.”

In this fully up-to-date edition of Playing with Fire, Fleury gives readers the inside story on how his life has changed since this book was first published. Along with the original, fearlessly honest tale that captivated the nation, he now chronicles his NHL comeback. In the same frank, fast-paced style that made his book a blockbuster, Fleury shares fascinating new stories about life as a 41-year-old rookie, as an author on the road, and as a man in the spotlight following the disturbing news that his former coach had been pardoned for his horrific crimes. Playing with Fire is Theo Fleury’s journey to hell and back, a book no one can put down or will ever forget.

Conversations with a Rattlesnake

Following the release of his mind-blowing first book Playing with Fire, Theo Fleury joins forces with world-renowned therapist Kim Barthel in a new book Conversations with a Rattlesnake. The book presents a raw and honest conversation loaded with personal insights and cutting-edge information about healing from trauma and abuse. Fleury’s story will inspire not only those overcoming their own trauma but friends, parents, teachers, coaches, therapists, and health practitioners – anyone who is in the critical position of supporting someone who needs to share their own story.

Fleury calls Barthel the “Wayne Gretzky of Therapy,” and within their emotionally safe therapeutic friendship, he bares his soul so that others can learn from his mistakes, triumphs, and new learnings. Fleury’s life experiences and Barthel’s informed interpretation combine to provide a unique look at the healing process that is easy to read, entertaining, and transformational.
Theo exceeded any and every expectation we had. He was simply amazing and his connection with everyone in the room was phenomenal.

— Jon DeActis (Director, Mission Services of London)

Theo’s story is truly inspirational…it was an honor for me to meet Theo and share the hope of recovery. He is genuine when he shares and speaks from the heart. As an individual, he is warm, personable and approachable…thank you for coming to Saint John and sharing your message of healing and hope.

— Judy Urquhart (MSW Executive Director, Gentle Path Counselling Services)

When Theo Fleury addressed the crowd of more than 500 people at St. Clair College you could hear a pin drop. His message was both sad and powerful. Communities, schools, youth programs…all of us... have a responsibility to protect young people from the realities that Theo experienced. There is no doubt in my mind that the courage Theo Fleury displays in his presentations will result in saving a young person from the terrible abuse Theo never should have had to deal with

Ronald Seguin Vice President, Global Education and Training Services, St. Clair College

Theo was a guest speaker at our conference in June of 2010. I found Theo to be very outgoing, approachable and genuine...Theo delivered a powerful message to our Youth at the centre and to the audience. His message was that of “hope”, that you can overcome your addictions through pride, inner strength and a belief in yourself. He truly is an inspirational speaker whose message can help others!

Vince Simon Executive Director, Ka-Na-Chi-Hih Treatment Centre

His raw honestly moved the audience members and touched each of us still to this day. It gave such a feeling of hope as the youth were held totally engaged by what he shared... a wonderful being – a truly strong soul - he is a survivor!

Jennifer Belhumeur Self Help Facilitator & Public Relations Coordinator, CMHA Parkland