

# REALITY-BASED LEADERSHIP



Alex Dorr  
Keynote Speaker  
Trainer  
Expert Facilitator

*Former Professional  
Basketball Player for  
the Derby  
Trailblazers*

*Alex Dorr is a former professional basketball player for the Derby Trailblazers in Derby, England, holds a Master's of Science in International Business, and a Bachelor's of Science in Business Administration.*

His journey with the Reality-Based philosophy began in his internship with Reality-Based Leadership when he was introduced to Cy Wakeman's Reality-Based message and **witnessed the incredible results her clients were experiencing.**

Over the next several years Alex became a practitioner, living by the philosophy and **determined to put its principles to the test.** Whether it was international sales, event management or even, professional basketball the philosophy's core principles of **ditching the drama and turning excuses into results** continued to catapult him into career opportunities he could have never expected.

As a young leader in the workplace he noticed some common patterns that continued to emerge. It did not matter which side of the Atlantic Ocean Alex was on or what industry he was working in, **there was one constant keeping people from achieving the results and happiness they longed for – drama.**

Inspired by how well the simple Reality-Based techniques **allowed him to step into the power he already had as an employee while, at the same time, diffusing drama and calling those he lead to greatness** – Dorr began speaking and training. Today, he is a full-time member of Cy Wakeman's team and a Certified Facilitator handpicked by Cy to deliver the Reality-Based message, collaborating with organizations to change their mindsets and succeed in spite of the challenging circumstances they face.

As a keynote speaker, **Alex's energy fills the room** and his stories around the content challenge people's thinking and **bring the philosophy to life.** He's often been told that his presentations stick around in attendees' minds long after he speaks until eventually, the Reality-Based philosophy settles in their hearts.

**Alex's programs have received rave reviews** and attendees consistently credit him for freeing their minds and **ultimately changing their lives.** He has worked with organizations such as Ely Lilly, Nationwide, Carnival Cruise Lines, Allina Health, Delaware North, Our Lady of the Lake Medical Center, The University of Oregon, Baton Rouge General Medical Center, CH Robinson, National Association for Credit Management, Clarkson College, Credit Institute of Canada, DoltBest Corp, Metropolitan Water Reclamation District of Greater Chicago, Nebraska Bankers Association, Asbury Communities, Legacy Golf Academy and Premier Volleyball Club among others.

For more information, please visit  
<http://www.realitybasedleadership.com/alex-dorr>

## Most Requested Program Topics

### Reality-Based Leadership™: Ditch the Drama, Restore Sanity to the Workplace and Turn Excuses into Results

These are challenging times in our businesses today. In leadership, we must become willing to admit that the ways in which we have taught leaders to lead over the years is simply not working. These times are calling for a new type of leader, one who can bring peace, sanity, and results back to the workplace! In this session, Alex rocks audiences as he teaches the key principles of her new wave of Reality-Based Leadership™.

### Reality Based Rules of the Workplace – Know What Boosts Your Value and Will Make You Happier at Work

The employed have never been less satisfied with their lot. Tough economic times have left fewer people to do the same amount of work. Jobs that employees used to love have become overwhelming; jobs employees never loved have become intolerable. Employees have come to believe that suffering is now part of working life, and they are suffering more than ever.

In this session, Alex introduces Cy Wakeman's Reality-Based Rules of the Workplace and shows employees mind-shifting strategies to move themselves from feeling dejected and undervalued, even hopeless, to an entirely new perspective and a whole different way of approaching their reality to become calm, creative, results-driven, and reality-based.

### Business Readiness – Ensuring Our Teams are Ready for What's Next

In this high energy session, Alex Dorr will help leaders understand their heightened responsibilities in delivering teams and talent that are ready for what's next along with strategies to ensure that teams able to quickly adapt and change and deliver on the needs of the organization to provide relevant, high-value, services in even mature markets. After all, change is only hard for the unready.

### Hardwiring Accountability into Your Workforce

Everyone is talking about accountability but few organizations are actually successful in ensuring that personal accountability is hardwired into their talent and everyday business operations. Join Alex as he breaks down the core competency of personal accountability and gives you no nonsense, workable strategies to hire for, coach for, and develop for accountability in your workforce! After all, personal accountability is the foundation of Reality Based Leadership™ – a revolution in leadership.

### No Ego: How leaders Can Cut the Cost of Drama, End Entitlement and Drive Big Results

Recent research conducted by our company in conjunction with the Futures Company, has discovered that rather than driving performance and creating efficiencies for the organization, conventional leadership strategies and philosophies are actually fueling drama in the workplace. In fact, research indicated that under currently prescribed leadership philosophy and strategic best practices, up to three months per year of each employee's time - potentially billions of dollars annually in the U.S. alone – is wasted in drama. In this session, Alex proposes a radically different approach to core leadership philosophies such as engagement, change management, and accountability. Join Alex as he calls leadership professionals to redefine HR and leadership with science and research and to teach leaders strategies and tools that will actually work in their modern workplace.

## Video Clips



### Reality-Based Leadership | Full Keynote

In this session, Alex presents our most requested program that helps leaders ditch the drama and turn excuses into results. This is the core philosophy that helps people redirect energy that is lost to drama.

[https://youtu.be/E5Y\\_8rpBpVs](https://youtu.be/E5Y_8rpBpVs)



### Business Readiness | Full Keynote

Alex presents our latest research and findings on how organizations can deliver up ready, willing and able teams who capitalize on “what’s next” in their industry. A drama-free and modern approach to traditional change management philosophy.

<https://youtu.be/NXkA4hpB2Bo>



### Organizational Alignment | SHRM Lubbock, TX

In this video, Alex discusses the competency of organizational alignment. He clarifies the importance of knowing the value of giving one’s expertise as opposed to one’s opinion once a decision has been made.

<https://youtu.be/GW-0T6ek7Gc>

## KEYNOTED Video Series (VLOG)



### KEYNOTED 017 | Why You Are Overwhelmed at Work

In this video of the series, I keynote with the athletes at the University of Oregon on the core philosophy of Reality-Based Leadership.

<https://youtu.be/MGbJl7ulk4>



### KEYNOTED 005 | Why Leaders Must Work With the Willing

I travel to Chicago to work with a group of directors on how to ditch the drama from their teams and work with the willing when undergoing a large amount of change.

<https://youtu.be/TRqpdKRIRCM>

## Social Media



@alexmdorr



Alex Dorr



@alexmdorr



Alex Dorr



Alex Dorr

### REALITY-BASED LEADERSHIP Social Media

Twitter: @RBLeaders

Facebook: /RBLeaders

Instagram: @rbleaders

LinkedIn: <https://www.linkedin.com/company-beta/2828673/>

YouTube: <https://www.youtube.com/user/CyWakemanInc>

## Recent Blog



### Accountability Is Not a Dirty Word

Recent research conducted by the Futures Company on behalf of Reality-Based Leadership found that the average healthcare worker spends almost 2.5 hours per day in drama (arguing with reality, venting, resisting change, not aligning with where the organization needs to go). A lack of accountability featured as one of the key sources of drama. While drama is often thought of as an accepted reality in healthcare, where you have people working together in tough environments, it is actually waste in the system. This wasteful behavior zaps the happiness of staff while costing the organization millions of dollars annually. Imagine if that time and energy lost to drama could be recaptured and put toward better outcomes and patient care?

[Click here](#) to read the entire blog.

## Testimonials

“Alex presented the Hardwiring Accountability program with around 300 of our leaders and supervisors in May of 2017. **Attendees were engaged from start to finish** and the table exercises and activity at the end did a fantastic job of tying together the content to sustain the learning. There were a few attendees that came up afterward asking for **more sessions like the one he presented and that they couldn't wait to put the new Reality-Based tools to use in their day-to-day**. In the feedback survey the week following our session, **several leaders commented that they were able to immediately put into place new practices to help them deal with workplace issues**. As a presenter, Alex was able to integrate audience participation and interaction as he presented to keep the content light yet impactful.”

Jared Ledoux, Director of Leadership Development, Our Lady of the Lake Regional Medical Center

“Alex worked with our executive team around the Reality-Based Leadership philosophy for a full day. His presentation was compelling, engaging and got our entire staff participating! Many of the executives mentioned that **not only was the content eye-opening on the cost of drama in the workplace**, but they were excited about **the practical tools they now had to be able to recapture energy that is about to be lost to drama** and, in the moment, redirect that energy into adding value to the situation. Not only was this training helpful at work, it really opened my eyes up to ways **the Reality-Based philosophy could be used in settings other than the workplace.**”

Beverly Sanders, Director of Human Resources - Metropolitan Water Reclamation District of Greater Chicago

“What has been most exciting about the time that has passed since Alex's session is **how the language of Reality-Based Leadership has entered our work culture**. Quite often I hear people say, 'don't argue reality' when discussing a complicated issue. In my own practice, **I find that it has led to quicker decision making, innovation of process, and a swifter path to a solution**. In many ways, **the concepts are quite freeing** and have allowed people to move on to what will be rather than what has been. We are certainly not yet transformed, but language is powerful and you can see the pockets of the team that have accepted the ideas and work to ingrain them in their thinking. **The activities from Alex's session seem to be particularly memorable** and they come up as examples for how to focus on our reality.”

Rob McMonagle, Senior Director of Human Resources, Asbury Communities

“Alex actually **had our leaders on their feet** by the end of his Reality-Based Leadership presentation! His examples **really resonated with our directors** on how ditching the drama with team members could naturally open up opportunities for **more collaboration, innovation and solutions-based problem-solving**. Not only did he provide some **eye-opening insights** throughout the presentation, he was sure to leave our leaders with specific **tools they could use the very NEXT DAY** to start redirecting the time and energy lost to venting and drama with their staff and put it towards better results for our customers. His presentation was **engaging and spot-on for today's rapidly changing workplace.**”

Jocelyn Blandford-Naita, Manager, Entertainment Operations at Carnival Cruise Lines

## Contact Us



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For information about speaking fees, availability, media interviews, program topics, and all other inquiries, please contact Cy Wakeman's Chief of Staff, Sara Meis at [sara@cywakeman.com](mailto:sara@cywakeman.com).



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For questions about hiring any of our speakers, program topics, and speaker availability, please contact Sara.



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To inquire about Reality-Based Athletics programs, setting up a Virtual Training demo, or certification registration, please contact Alex.



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If you have questions or requests regarding any of Cy Wakeman or Reality-Based Leaders social media content/platforms, please contact Ellie.



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If you are interested in learning more about the Reality-Check Engagement Survey or requesting a price quote for the survey, please contact Rich.

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