

Sean Bredt

"As a TEC Chair, I create a space where leaders can set aside the armour, speak openly about their biggest challenges, and push each other to think bigger, decide better, and lead with purpose."

TEC CEO Chair
Toronto, ON



Hello!

I believe leadership is both a privilege and a responsibility — and that no CEO should have to do it alone. As a TEC Chair, I create a space where leaders can set aside the armour, speak openly about their biggest challenges, and push each other to think bigger, decide better, and lead with purpose.

Over a 30-year career in executive leadership, I've worked across global enterprises, entrepreneurial turnarounds, and private equity-backed growth companies in industries spanning consumer packaged goods, retail, foodservice, and startups. My leadership roles with Kraft, Campbell's, Mars, Rubbermaid, Mother Parkers, and Dairy Farmers of Ontario have taken me through periods of rapid growth, strategic transformation, and challenging market conditions. In every role, my focus has been the same: build strong teams, create clarity of vision, foster accountability, and drive sustainable, profitable growth.

In my TEC group, I work with CEOs and senior executives across the Greater Toronto Area in a confidential, high-functioning peer environment where trust, candour, and accountability fuel transformative growth. Together, we bring in expert speakers, explore new ideas, ask tough questions, and celebrate wins — big and small.

Beyond TEC, I continue to advise organizations on strategy, team development, and performance acceleration. I've served as Board Chair for the Canadian Coffee Association, as a Board Member of the U.S. National Coffee Association, and hold an MBA in Finance & Marketing from the University of Toronto.

I live in Toronto with my wife of 30 years, our two daughters, and our dog, Max. When I'm not working, I can be found golfing, cycling, hiking, traveling, or gathered around a backyard BBQ with family and friends — because I believe the best conversations often happen there.

My TEC Group Vision

Together, we bring in expert speakers, explore new ideas, ask tough questions, and celebrate wins — big and small.

Let's Start the Conversation

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Take The Leap Towards Transforming Your Leadership Skills Now!

Connect with me today to start your journey towards growth and opportunities that align with your business and personal goals. Elevate your business and personal success with me and my group of exceptional business leaders by your side!

Respectfully Yours,

TECCANADA