

David Nico

Best-Selling Author, Peak Performance Strategist, and Leadership & Well-Being Expert

David Nico, PhD is recognized as one of "America's Ultimate Experts" according to Woman's World Magazine. As a peak performance strategist, keynote speaker, and certified lifestyle medicine coach, his passion is to help leaders live well so they can model vitality, inspire vision, and create a legacy. As a well-being catalyst, his advice helps organizations integrate customized wellness solutions with current lifestyle health principles, practices, and products. David is the author of the bestseller *Diet Diagnosis* and his health tips air on national television networks reaching millions of viewers. He is an expert voice quoted in the media outlets Forbes, Business Insider, US News & World Report, MSN, Men's Health, Prevention, Reader's Digest, USA Today, and more. Nico's work is endorsed by New York Times best-selling authors, distinguished professors, and top marketplace leaders.

David Nico PhD, is the Catalyst to Equip Leaders with Dynamic Strategies to Enhance Well-Being, Professional Effectiveness, and Organizational Profitability.

- As a well-being catalyst, David will capture and speak to the heart of your event. He will invest quality time to make the most impact for your audience. His desire is for participants to learn valuable insights and walk away action steps.
- It is vital he connects with every audience on a deeper level. That's why David believes communication with transformation is real information. David will target your event to hit your goals.
- Partner now with a passionate advocate who creates a positive and uplifting experience for attendees.

When David Nico Communicates...Hearts Listen, Mindsets Shift, and Lasting Change Occurs.
