

The *Alignment* Advantage™

Helping leaders align body, mind, heart, and purpose to create thriving health, optimal work/life balance, and long-term success.

Most leadership development works from the neck up.
This one starts in the body.

25

Years of clinical practice

3

Books published

2

Seasons with the
SF 49ers

F500

Executives coached one
on one

THE KEYNOTE

The Alignment Advantage™ goes further. Drawing on 25 years of clinical work with professional athletes and Fortune 500 executives, David shows leaders the force underneath their performance: the alignment of body, mind, heart, and purpose. When those four pull together, leaders turn stress and pressure into allies, create thriving health, and a sustainable work/life balance. When they pull apart, the body, relationships, and bottom line start keeping score. **This keynote changes how leaders lead — and how they live.**

WHAT AUDIENCES EXPERIENCE

Presence under pressure

Calm and clarity in high-stakes moments, as an embodied skill rather than a coping strategy.

Sustainable performance

The alignment that makes a high standard repeatable instead of expensive.

A practice, not a framework

Tools leaders can use the moment they walk off the stage.

Authentic connection

Why the leaders people follow connect at the level of presence, not performance.

The body as an instrument

How posture, breath, and physical alignment shape authority, trust, and team performance.

IDEAL AUDIENCE

Leaders and CEOs combatting stress and burnout. High achievers seeking greater work/life balance. Executives seeking sustainable health and success.

Booked for leadership conferences, national sales meetings, executive retreats, healthcare summits, and Fortune 500 learning programs.

AVAILABLE FORMATS

Keynote address	45–90 min · main stage
Half-day workshop	3–4 hrs · interactive
Leadership immersive	6–8 hrs · team retreat
Executive coaching add-on	individual or group

BOOKS

Ageless, Painless Tennis · Align, Feel, Heal · Back Pain Solutions for Seniors

“Relaxed, comfortable, confident. Well organized, clear, and impactful — his explanation of universal human needs really resonated with the group.”

CEO · EXECUTIVE LEADERSHIP GROUP

“Great holistic approach tying physical and emotional state to performance.”

CEO · PHOENIX, AZ

“A ton of take-home value. Looking to apply these topics with our current managers.”

CEO · OAKLAND, CA