



David Starbuck Smith

GLOBAL LEADERSHIP SPEAKER · EXECUTIVE COACH
EXERCISE THERAPIST · AUTHOR · FORMER PROFESSIONAL ATHLETE

“Helping leaders close the gap between knowing what to do and actually being able to do it — so they can lead powerfully, live fully, and perform sustainably.”

25+

YEARS AS AN EXERCISE
THERAPIST

3

PUBLISHED BOOKS ON
ALIGNMENT

2

SEASONS WITH THE
SF 49ERS

D1+

PRO TENNIS CAREER

SHORT BIO

David Starbuck Smith is a global leadership speaker, executive coach, exercise therapist, and former professional tennis player with 25 years of clinical expertise working with everyone from Fortune 500 executives to professional athletes — including two seasons with the San Francisco 49ers. The author of three books on alignment and performance, David brings a perspective to corporate stages that no business school could replicate: that extraordinary leadership begins with the alignment of body, mind, heart, and purpose. His keynote, The Alignment Advantage™, doesn't just change how leaders think — it transforms how they lead and how they live.

KEYNOTE TOPICS

01 The Alignment Advantage™

Body, mind, heart & purpose in leadership.

02 Presence Under Pressure

The athletic edge applied to leadership.

03 Sustainable Performance

Leading without burning out.

04 The Body as a Leadership Instrument

Posture, presence & authority.

05 Escaping the Survival Trance

From reactive to aligned leadership.

06 The Gap

From where you are to who you can be.

Elite athletic performance, clinical body expertise, and personal transformation — three worlds that don't usually meet.

David Starbuck Smith

David Starbuck Smith is a global leadership speaker, executive coach, exercise therapist, and author whose work sits at that intersection. He doesn't just teach leadership — he embodies it, having spent decades in the highest-pressure arenas in sport and business, learning what it actually takes to perform at your best when the stakes are highest.

He competed as a Division I college tennis player before going professional — an experience that shaped everything about how he understands human performance. On the court, he learned that talent alone is never enough. What separates those who thrive under pressure from those who collapse is never physical. It's the alignment between what you know you should do, what your mind believes you can do, and what your body and emotions are actually capable of. He learned to manage stress and adversity in real time, to channel pressure into precision rather than panic, and to build the kind of sustainable energy that doesn't burn out when the competition is fiercest.

After his athletic career, David spent 25 years as an exercise therapist and alignment specialist — developing a rare clinical gift for reading the body in motion. He reads the whole system simultaneously: posture, gait, functional mechanics, and the precise patterns of disconnection that create chronic pain, diminished performance, and burnout. His expertise

earned him two seasons with the San Francisco 49ers, working in one of the most physically demanding professional environments in sport. He's worked with Fortune 500 executives, professional athletes, and everyday people in chronic pain — consistently achieving results that conventional approaches had failed to produce.

His real insight came from connecting the dots: the emotions leaders suppress don't disappear. They surface later as stress, tension, pain, and performance breakdown — in the body and in the business. Most leadership training teaches emotional intelligence: recognizing and naming what you feel. David teaches the missing half — actually *feeling* your emotions in the moment so they don't go underground and sabotage you later. That distinction is what makes his work different.

Today David brings all of it to corporate stages worldwide through his signature keynote, The Alignment Advantage™. Leaders who experience his work don't just leave with new ideas. They leave feeling different — in their bodies, in their confidence, and in their capacity to lead sustainably without sacrificing everything else that matters. He's also the author of three books on alignment and performance: *Ageless, Painless Tennis*, *Align Feel Heal*, and *Back Pain Solutions for Seniors*.

“We're always looking to bring in speakers who not only deliver knowledge, but truly *move* people — and David delivers every time.”

EVENT ORGANIZER · CORPORATE LEADERSHIP CONFERENCE