

Keynote speaker for leaders who are carrying a lot.

Vancouver keynote speaker, TEDx speaker and executive coach. Talks on burnout, resilience and leading change, built on nearly thirty years of coaching, operating and running a business.

KEYNOTE · WORKSHOP · EMCEE

**BASED IN VANCOUVER · IN PERSON OR VIRTUAL · SPEAKING
ACROSS CANADA**



BOOKINGS AND PRESS

daimanuel@daimanuel.com

daimanuel.com/speaking

01

TALKS

Three talks planners book most

Each one is shaped to your audience after a planning call. All seven talks are at daimanuel.com/speaking.

01

SMART, DRIVEN, BURNED OUT

FOR LEADERSHIP TEAMS, EXECUTIVES AND HIGH PERFORMERS

YOUR AUDIENCE LEAVES WITH

- Name the real cost of running on empty
- Spot the early signs in yourself and your team
- Leave with one practical change to make this week

02

HOW TO BE A CHAMPION OF CHANGE

FOR ORGANISATIONS CARRYING A CHANGE NOBODY ASKED FOR

YOUR AUDIENCE LEAVES WITH

- Understand why change costs trust
- Lead the human side, not just the plan
- Keep people moving when the path is unclear

03

THE 2% SOLUTION

FOR CONFERENCES, WELLNESS WEEKS AND WHOLE-COMPANY EVENTS

YOUR AUDIENCE LEAVES WITH

- Thirty minutes a day: 15 moving, 5 still, 10 reading
- Build habits that survive a busy calendar
- A framework taught on stages since 2015

ALSO IN THE LIBRARY

Men's mental health (the TEDx talk), safe learning environments, simple nutrition and connection. Seven signature talks in all, each shaped to the event and the people in the room.

KEYNOTE

45 to 60 minutes

WORKSHOP

Half day or full day

LUNCH & LEARN

90 minutes

EMCEE

Whole event

02

CREDIBILITY

Why people listen

CrossFit BC owner	One of Canada's longest-running affiliates, and the first Vancouver gym with daily HYROX classes.
Fitness Town co-founder	Grew the business from 3 to 8 locations as COO.
Bestselling author	The Whole Life Fitness Manifesto.
National spokesperson	Canada Beef and Chicken Farmers of Canada, with TV, radio and print across Canada.
Host	The 2% Solution podcast and the Active Living Zone at The Wellness Show (12,000+ attendees).
Distinguished Toastmaster	The highest award in Toastmasters International, and a competition-winning speaker.
Red Bull HYROX Coaches Camp 2026	One of 60 coaches worldwide selected.

03

THIS YEAR

On and off the stage

SPEAKING

TOASTMASTERS INTERNATIONAL CONVENTION

Session speaker at the 2026 convention in Vancouver, and invited to write for Toastmaster magazine.

COMPETING

CROSSFIT GAMES, MEN 45-49

Qualified for the Age-Group Quarterfinals.

COACHING

RED BULL HYROX COACHES CAMP

One of 60 coaches worldwide selected for 2026.

MAIN STAGE

VANCOUVER WELLNESS SHOW

Creator of the Active Living Zone. Two talks and the men's health panel on the main stage.

INDUSTRY

INFOFIT FITNESS CAREER COLLEGE

Program Advisory Committee member.

04 PROOF Watch the TEDx talk



Why Vulnerability is a Human Thing

TEDxBearCreekPark, March 2021. On the script that tells men strength means silence.

[WATCH AT DAIMANUEL.COM/SPEAKING](https://daimanuel.com/speaking)

05 PROOF What organisers say

VERIFIED

“Dai sets the tone for the day beautifully!”

Dai joined our conference as the opening Key Note Speaker and was brilliant at setting a very informative and upbeat tone for the rest of the day! His speech on change was impactful as well as enjoyable and he kept an audience of over 350 healthcare employees fully engaged. His words were inspiring and his energy was contagious. He was able to really tailor his speech in such a way that every person in that room felt that Dai truly related to the unique challenges they face working in healthcare. I highly recommend Dai as a very knowledgeable, skilled, motivational and energetic speaker for any venue!

HIRED AS: MOTIVATIONAL SPEAKER

ORGANISER REVIEW

“Perfect speaker”

Dai was great. He matched his engagement perfectly with our crowd. It was small and intimate and he enjoyed his work. Our staff was engaged and I had lots of good comments afterwards.

**HIRED AS:
MOTIVATIONAL
SPEAKER**

EMCEE

“We could not have had a more perfect fit”

The inaugural Superhuman Summit 2015 was a giant success. Dai Manuel was brought on board to be our Superhuman Emcee for the 2 day conference. The event hosted 12 world experts in anti aging medicine, physiotherapy, health, and fitness. Dai was instrumental in creating an environment where the attendees felt part of the event themselves. Interacting with the speakers and leading Q&A sections were Dai's strengths. His valuable knowledge and passion in the health and fitness industry glowed. We could not have had a more perfect fit and believe Dai will be a part of the ongoing success of our event.

HIRED AS: EMCEE, HEALTH & FITNESS EXPERT

Collected from event organisers who booked Dai. Shown with the role they hired him for; names withheld at their request. Results vary and are not guaranteed.

What clients say

“Dai is one of the most engaging public speakers I've ever met. Not only is he extremely knowledgeable in what he does, but he also has the innate ability to inspire, motivate, understand, and guide you.”

CHRISTIAN GIACOBBE, KEYNOTE SPEAKER AND MENTOR

“Dai is one of the best in the business. He helps you with evidence-based, actionable steps instead of long theories that don't work.”

NICO, COACHING CLIENT

“I can rely on him 100% when it comes to getting feedback on different parts of my business.”

JEN R., JENRULON.COM

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BOOKING

Speaking rates

Starting rates in CAD. The final fee depends on the brief, format, date and travel. Vancouver events carry no travel costs.

KEYNOTE From \$3,000 CAD 45 to 60 minutes, tailored to your audience.	GUIDED WORKSHOP From \$4,000 CAD, half-day Half day or full day, in person or virtual.
LUNCH & LEARN From \$500 CAD + \$50 per attendee A tight 90-minute session over the lunch hour.	EMCEE & HOST From \$2,500 CAD, half-day Conferences, galas and community events.

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BOOKING

Approved biography

SHORT BIO

Dai Manuel is a Vancouver keynote speaker, executive coach, fitness business consultant and author. Known as Coach Moose, he brings nearly thirty years of coaching, operating and teaching to conversations about resilience, leadership, health and change.

FULL BIO

Dai Manuel is a Vancouver-based keynote speaker, executive coach, fitness business consultant and author of The Whole Life Fitness Manifesto. He runs MERGE Fitness Inc. and co-owns CrossFit BC with his wife, Christie. Over nearly thirty years in fitness and business, Dai has coached real people, led teams, carried payroll and helped founders navigate the work that does not fit neatly into a presentation. His talks combine those lived lessons with practical ideas on resilience, leadership, men's mental health and sustainable change. He is a TEDx speaker, Distinguished Toastmaster and host of The 2% Solution podcast.

How booking works

1. Hold a date

Choose an open date and tell us about the event and the room. A hold is not a confirmed booking.

2. Personal reply

Dai replies within two business days with fit, format and a clear quote.

3. Confirmed

Once the brief, date and fee are agreed in writing, the date is yours.

08

PRESS

Press photos

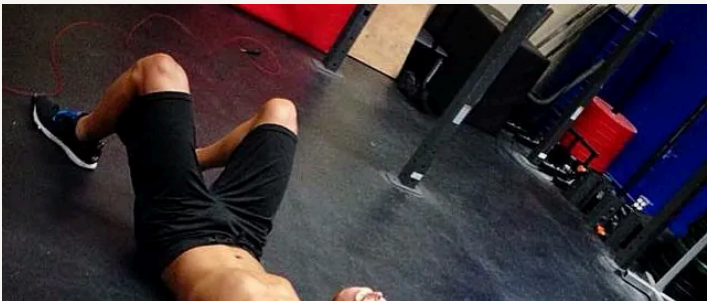
Approved for event promotion, interviews and editorial coverage. Credit: Dai Manuel. Download at daimanuel.com/media-kit.



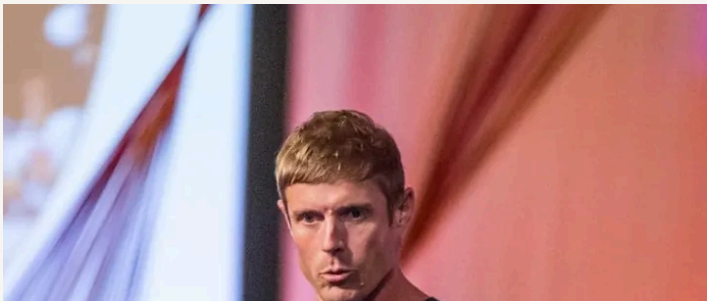
KEYNOTE STAGE



MEDIA INTERVIEW



CROSSFIT BC



ON STAGE

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PRESS

As seen on

- Forbes

HuffPost

CBC

CTV

Global News

National Post

The Globe and Mail

Chatelaine

Reader's Digest

Shape

MSN

Breakfast Television

The Vancouver Sun

CKNW

Audience, reach and partnership options.

10 REACH As of September 2026

65K Combined followers, Instagram, LinkedIn and Facebook	41.7K Instagram followers, verified	152.9K All-time podcast downloads
14.3K LinkedIn followers	90K+ Members in the LinkedIn group Dai founded	300+ Media appearances

Audience: adults in midlife, mostly men (58/42), 56% aged 35 to 54. 51% United States, 10% Canada on Instagram; podcast listeners 59% US, 27% Canada.

PLACEHOLDER: RECENT CAMPAIGN EXAMPLE WITH VERIFIED RESULTS TO BE ADDED

11 BRANDS Dai has worked with

Nike	lululemon	Under Armour	Microsoft	Starbucks	Best Buy	Dove Men+Care	Withings
Power Plate	Vari	QALO	canfitpro	Chicken Farmers of Canada	Canada Beef		

12 RATES Partnership rates · starting rates in CAD, plus GST

INSTAGRAM REEL	From \$4,000	Scripted, shot and edited by Dai. 30 days organic usage.
STORY SET, 4 FRAMES	From \$3,000	Link sticker and call to action.
PODCAST MENTION	From \$1,000	Host-read on The 2% Solution, kept for good.

Ongoing partnerships receive preferred partner pricing. Paid usage or whitelisting from \$950 per 30 days. Category exclusivity from \$650.

13 RECOGNITION Award-winning content

Ten awards across a decade of lists ranking Dai's writing among the best in health and fitness, including Breaking Muscle's Top 10 Fitness Blog Contest (2015) and GuidedMind's Top 101 Most Inspiring Blogs (2016).

14 STAGES AND MEDIA Where the work has shown up

TEDxBearCreekPark

Why Vulnerability is a Human Thing, March 2021.

The 2% Solution podcast

149 episodes on health, mindset and doing the next useful thing.

Forbes Coaches Council

Former official member.

Breakfast Television

Television segments on health, habits and fitness.

HuffPost

Contributor writing on fitness, family and lifestyle.

Let's talk about your room

Send the date, audience and what you want people to do differently afterwards. Dai replies personally within two business days.

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daimanuel.com/speaking/quote

daimanuel.com/media-kit

Vancouver, BC · A MERGE Fitness Inc. company