SPEAKER BROCHURE, 2026

Talks that change what happens after the room clears.

Dai Manuel. Leadership and resilience keynote speaker, TEDx speaker and emcee. Vancouver, Canada.

ABOUT DAI

A speaker for leaders who are carrying a lot.

Dai Manuel is a Vancouver keynote speaker, executive coach, fitness business consultant and author. Known as Coach Moose, he brings thirty years of coaching, operating and teaching to conversations about resilience, leadership, health and change. At fourteen, Dai weighed more than 250 pounds. There was no single dramatic fix, just work repeated over time. That work became thirty years in fitness: coaching people, building teams, writing a book and speaking on stages.

Pronouncing it? Dai rhymes with "dye", one syllable.

AT A GLANCE

TOPICS Burnout, resilience, leading change	FORMATS Keynote, workshop, lunch and learn, emcee
BASED IN Vancouver, in person or virtual	KEYNOTES FROM $3,000 CAD

TALKS

Eight signature talks

Each talk is shaped to your audience after a planning call. Full descriptions at daimanuel.com/speaking.

01

The 2% Leader: Fuel the Driver

For leaders of teams that look after other people. A 30-minute daily rhythm, four simple team rituals and a take-home Team Kit. Premiered at LUX Talks 2026.

02

The 2% Solution: Thirty Minutes to Transform Your Life

Thirty minutes is two percent of a day: fifteen minutes moving, five still and ten reading. Taught since 2015, and at the centre of Dai's book and podcast.

03

How to Be a Champion of Change

For leaders and teams carrying a change nobody asked for. The human work required to move through change without losing trust.

04

Smart, Driven, Burned Out

For high performers who are winning on paper and running on empty. Names the cost, then gives the room a practical way to change course.

Eight signature talks, continued

05

The Transformative Power of Vulnerability in Men's Mental Health

Dai's TEDx talk challenges the script that tells men strength means silence, and what that script costs them.

06

Creating Engaging, Safe Learning Environments

For trainers, facilitators and anyone who teaches adults. Available as a facilitated workshop with a participant workbook.

07

Fuelling Your Life for Life: Nutrition Made Simple

Nutrition without the plan, the ban list or the tracking. Simple choices people can repeat in ordinary life.

08

The Heartbeat: Establishing Connection

Connection sits underneath leadership, culture and coaching. Why it matters and how to create more of it in the room.

FORMATS

Built for the room.

Keynote

A focused address shaped to the event and the people actually in it.

Half-day workshop

More time, real participation and practical application. Nobody watches from the back.

Emcee

Clear pacing, prepared transitions and a steady hand for the whole event.

WHAT ORGANISERS SAY

In their words.

> “Dai's attentive approach allowed him to craft a well-being presentation that not only met but exceeded our expectations, setting a highly positive tone for the entire conference. The feedback we received regarding his presentation was overwhelmingly positive, with attendees remarking on how it precisely addressed their needs.”
>
> **Joel O., Director of Safety and Well-being, BC health authority**

> “His was the last keynote during my last conference. I honestly didn't want to get on stage to close the event because it was so powerful and meaningful that I felt like I could only diminish it by saying anything.”
>
> **David D., conference director**

> “Dai Manuel is a standout facilitator whose energy and expertise create a unique and memorable learning experience.”
>
> **Jodie B., workshop participant and facilitator**

> “Any conference would be lucky to have him facilitate.”
>
> **Ben B., event co-founder**

RATES

Starting rates.

Starting rates in CAD. The final fee depends on the brief, format, date and travel.

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.

BOOKING

Send the brief.

Dates, fit and format come first. Send the event details and Dai replies personally within two business days. A clear quote follows once the brief is set. Based in Vancouver, so local events carry no travel costs.

EMAIL

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SPEAKING

daimanuel.com/speaking

MEDIA KIT

daimanuel.com/media-kit

BOOK A CALL

calendly.com/daimanuel-daimanuel/speaking-enquiry-call

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