

Dai Manuel

PRONOUNCED "DYE"

**A speaker for leaders who
are carrying a lot.**

Keynotes, workshops and emcee work on burnout, resilience and leading change. Vancouver, in person or virtual.



Nearly thirty years of coaching, operating and teaching.



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.

He has coached real people, led teams, carried payroll and helped founders through 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.

TEDx speaker

On the TEDx stage, and on stages since 2015.

Distinguished Toastmaster

The highest award in Toastmasters International.

Fitness Town co-founder

Grew it from 3 to 8 locations as COO.

Bestselling author

The Whole Life Fitness Manifesto.

Podcast host

The 2% Solution, and the *Active Living Zone* at *The Wellness Show*.

National spokesperson

Canada Beef and Chicken Farmers of Canada.

Three talks, each tailored to your room.



1

Smart, Driven, Burned Out

For leadership teams, executives and high performers.

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

2

How to Be a Champion of Change

For organisations carrying a change nobody asked for.

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

3

The 2% Solution

For conferences, wellness weeks and whole-company events.

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

"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'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."

Joel O., Director of Safety and Well-being, BC health authority

"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

Hired as speaker and emcee.

"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!"

Verified review. Hired as: Motivational 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."

Organiser review. Hired as: Motivational Speaker

"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. We could not have had a more perfect fit."

Superhuman Summit 2015. Hired as: Emcee, Health & Fitness Expert

"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

Clear starting points. A quote that fits your brief.

KEYNOTE

From \$3,000

45 to 60 minutes, tailored to your audience.

GUIDED WORKSHOP

From \$4,000

Half-day rate. Half or full day, in person or virtual.

LUNCH & LEARN

From \$500

Plus \$50 per attendee. A tight 90-minute session over the lunch hour.

EMCEE & HOST

From \$2,500

Half-day rate. Conferences, galas and community events.

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

Stage setup

Dai brings his own laptop and runs his own slides.

A video connection his laptop can use (HDMI or USB-C), with audio to the room.

A wireless lapel microphone is preferred. A handheld backup on a stand works too.

For your emcee

Dai is pronounced "Dye", one syllable. A ready-to-read host introduction is on the next page.



High-resolution headshots and photos: daimanuel.com/media-kit

HOST INTRODUCTION, READ ALOUD

"Our next speaker has spent nearly thirty years helping people get stronger, at work and in life. He co-founded Fitness Town and grew it from three locations to eight, co-owns CrossFit BC here in Vancouver, and has spoken on the TEDx stage. He is a Distinguished Toastmaster, the author of The Whole Life Fitness Manifesto and the host of The 2% Solution podcast. Today he is here to talk about what it really takes to lead well when you are carrying a lot. Please welcome Dai Manuel."



BOOK DAI

Tell Dai about your event.

REQUEST A QUOTE

daimanuel.com/speaking/quote

EMAIL

daimanuel@daimanuel.com

30-MINUTE SPEAKING CALL

[calendly.com/daimanuel-daimanuel/
speaking-enquiry-call](https://calendly.com/daimanuel-daimanuel/speaking-enquiry-call)

FULL MEDIA KIT

daimanuel.com/media-kit