

## SPEAKING PACKAGE

# Dai Manuel

Keynote speaker. TEDx speaker. Emcee. Vancouver, Canada.

## About Dai

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Dai Manuel is a Vancouver keynote speaker, TEDx speaker and event emcee. Nearly thirty years of coaching, operating and teaching sits behind every talk. He speaks plainly, works with the room and leaves people with something they can use on Monday.

At fourteen, Dai weighed more than 250 pounds. There was no single dramatic fix. There was work, repeated over time. That work became close to thirty years in fitness: coaching people, building teams, writing a book and speaking on stages. He became a partner and Chief Operating Officer in a multi-million dollar fitness retail business.

Today he runs MERGE Fitness Inc. and co-owns CrossFit BC with his wife, Christie. He coaches a small private practice and works with businesses, leadership teams and event audiences.

## Credentials

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- TEDx speaker
- Published author
- Nearly 30 years in fitness
- Former COO, multi-million dollar fitness retail
- Toastmasters
- CrossFit Level 2
- Precision Nutrition
- NeuroChange Practitioner

# Seven signature talks

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**01 The 2% Solution: Thirty Minutes to Transform Your Life**

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

**02 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.

**03 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.

**04 The Transformative Power of Vulnerability in Men's Mental Health**

Dai's TEDx talk challenges the script that tells men strength means silence. That script costs men their health, their marriages and sometimes more.

**05 Creating Engaging, Safe Learning Environments**

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

**06 Fuelling Your Life for Life: Nutrition Made Simple**

A corporate wellness session about nutrition without the plan, the ban list or the tracking. Simple choices people can repeat in ordinary life.

**07 The Heartbeat: Establishing Connection**

Connection sits underneath leadership, culture and coaching. Why it matters and what people can do to create more of it in the room.

# Formats

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## Keynote

A focused address shaped to the event and audience.

## Half-day workshop

More time, active participation and practical application.

## Emcee

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

# Where Dai speaks

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Based in Vancouver, British Columbia. Booked for conferences, sales kickoffs, leadership offsites and wellness weeks in Toronto, Montreal, Calgary, Edmonton, Ottawa, Victoria and across Canada, and further afield when it fits. Virtual keynotes work too.

# Booking

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Fees depend on format, date and travel. Send the event details through the enquiry form at [daimanuel.com/speaking](https://daimanuel.com/speaking) and a quote follows once the brief is clear. You can also hold a date directly on the speaking calendar on that page.

Email: [daimanuel@daimanuel.com](mailto:daimanuel@daimanuel.com)

Web: [daimanuel.com/speaking](https://daimanuel.com/speaking)