

# DR. KEYVAN EGHBALI

## SPEAKER, AUTHOR, & WELLNESS EXPERT

NBC-HWC, DC

In a fast-paced world where health often takes a back seat, Dr. Keyvan Eghbali delivers engaging, easy to understand, research-backed presentations that empower audiences to transform their well-being. His dynamic and inspiring talks help participants achieve lasting balance through practical, actionable strategies.



### SPEAKING TOPICS



#### STRESS MANAGEMENT MADE SIMPLE

- Learn to identify stress triggers and implement science-backed techniques to stay calm and composed in any situation.
- Gain tools to enhance resilience, improve focus, and restore emotional balance.



#### IGNITE YOUR BODY FOR OPTIMAL PERFORMANCE DAILY

- Discover the role of movement in boosting energy, enhancing productivity, and reducing stress.
- Explore simple, accessible ways to incorporate more physical activity into your daily routine, even with a packed schedule.



#### FUEL YOUR LIFE WITH EASE

- Uncover how nutrition impacts mental clarity, energy levels, and overall health.
- Walk away with practical meal-planning tips that make healthy eating easy and sustainable.



#### ABOUT DR. KEYVAN EGHBALI

With over 25 years of experience as a Doctor of Chiropractic, national board certified health coach, and wellness speaker, Dr. Eghbali is passionate about empowering individuals to reclaim their health. His high-energy talks combine humor, personal stories, and cutting-edge research, leaving audiences inspired and ready to take action.



#### OPTIMIZE YOUR SLEEP FOR DAILY REJUVENATION

- Understand the connection between sleep and productivity, mood, and longevity.
- Learn strategies to improve sleep quality and create a restful nighttime routine.



#### WORK-LIFE BALANCE REDEFINED

- Gain actionable insights into setting boundaries, prioritizing self-care, and creating a lifestyle that aligns with your values.
- Embrace innovative strategies to harmonize work and personal responsibilities for greater satisfaction and fulfillment.



#### WHAT AUDIENCES ARE SAYING

- "Dr. Eghbali's practical advice and engaging style made wellness feel achievable for our team. We've seen remarkable improvements in energy, focus, and overall health across the board."

— MEHRAN KHORDODI, CEO, SENSO SCIENTIFIC



818-881-1000 & 714-987-1998



[www.Wellness-Speaker.com](http://www.Wellness-Speaker.com)



[Connect@Wellness-Speaker.com](mailto:Connect@Wellness-Speaker.com)