

DR. KEYVAN EGHBALI

NBC-HWC, DC

SPEAKER, AUTHOR, & WORK-LIFE BALANCE EXPERT



LEARNING OBJECTIVES

- **DEVELOP EFFECTIVE STRESS MANAGEMENT TECHNIQUES:** Attendees will learn practical, science-backed strategies to identify stress triggers and implement effective coping mechanisms, empowering them to maintain composure and clarity in both their professional and personal lives.
- **MASTER THE SIX PILLARS OF HEALTH:** Participants will explore the interconnectedness of physical, mental, emotional, social, spiritual, and environmental health, gaining actionable insights on how to cultivate each pillar to create a balanced lifestyle that enhances overall well-being and productivity.
- **IMPLEMENT WORK-LIFE INTEGRATION STRATEGIES:** Attendees will discover innovative approaches to harmonizing work and personal responsibilities, allowing them to set boundaries, prioritize self-care, and foster resilience, ultimately leading to increased job satisfaction and personal fulfillment.
- These modifiable objectives not only highlight the practical benefits of Dr. Eghbali's sessions but also underscore the lasting impact they can have on individuals and organizations alike. Find out about Dr. Eghbali's [availability](#) today for his highly sought after talks.




REFERENCE

After COVID, choosing Dr. Eghbali to guide our staff's health planning was an easy decision. Over the past year, he delivered a thorough roadmap through workshops and one-on-one sessions. The results of his wellness coaching program have been remarkable. Staff with diabetes, weight, sleep, blood pressure and other issues have benefited from his expertise and seen a lot of improvements in their daily lives, as I did with help from Dr. Eghbali. Dr. Eghbali made wellness feel achievable and something to pursue daily, rather than waiting until it's too late. **Mehran Khordodi, CEO Senso Scientific.**



BIO

- In an age where the lines between work and personal life blur more than ever, achieving genuine work-life balance can feel like an elusive goal.
 - Enter Dr. Keyvan Eghbali, NBC-HWC D.C. a dynamic speaker and health expert with 25+ years experience who brings a refreshing and energetic approach to this vital topic.
 - His high-energy presentations blend humor, real-life stories, and research-backed strategies that captivate audiences and leave them inspired.
 - Dr. Eghbali introduces attendees to the most vital Pillars of Health, providing practical tools to enhance well-being and productivity.
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With a focus on managing stress, prioritizing self-care, and fostering resilience, he empowers individuals to reclaim control over their lives.
- His engaging style ensures that participants not only learn but are also inspired to take action, making the experience enjoyable, memorable, and lasting.
 - Dr. Eghbali's engaging blend of humor and energy inspires audiences with actionable insights, driving personal transformation and growth."



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