



With nearly 30 years of clinical experience and owning a multidisciplinary physical medicine practice, Doc specializes in treating pro and elite athletes keeping them in the game until they are ready to leave on their own terms.

Beyond patient care, he educates and consults with fellow leaders and influencers to enhance their leadership and influence. Drawing from personal and professional lessons, Doc offers strategic guidance to avoid common pitfalls in running businesses and organizations empowering leaders to build thriving communities and lead fulfilling lives.



OPULAR SUBJE

Dancing Beyond Diversity: The Power of True Inclusion

While many communities prioritize diversity, true progress lies in the often overlooked aspect of inclusion, essential for enhancing the richness of diverse communities.

Trusted Leadershp- Myth or Reality?

The importance of trust in a leader cannot be overstated, as it serves as the cornerstone of effective leadership. So we breakdown 5 critical factors for trust in a leader.

Bow of Passion, Arrow of **Purpose: Aiming for Your Calling**

To fulfill our calling, purpose, and passion, we must navigate past distractions and obstacles, harnessing determination and resilience to overcome them and reach our intended destination.



Your Posture Matters; Are You a "?"

Emphasizing the significance of business posture underscores the importance of unwavering focus amidst challenges towards achieving future goals.

Dancing Beyond Diversity/Inclusion

- How do you define the difference between diversity and inclusion, and why do you believe inclusion is essential for enhancing the richness of diverse communities, yet often overlooked?
- What are some practical steps that leaders can take to foster true inclusion within their teams or communities, and what are the tangible benefits of true inclusion for organizations, communities, and individuals?

Trusted Leadership:

- · Why is trust considered the cornerstone of effective leadership?
- What are the five critical factors for trust in a leader, and how did you identify them?
- · How can listeners apply the principles of trusted leadership in their own careers and lives?

Bow of Passion/Purpose/Calling:

- How do you define the concepts of passion, purpose, and calling in the context of personal and professional life?
- What role does continuous learning and self-improvement play in aligning with one's calling?
- What advice would you give to young people who are just starting to explore their passions and purpose?
- How can listeners begin to take steps today toward discovering and fulfilling their own calling?

Your Posture Matters:

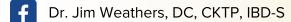
- · Can you explain what you mean by 'business posture' and why it is so significant in achieving future goals
- Can you provide examples of how a lack of focus can negatively impact business posture and overall success?
- How does maintaining a strong business posture contribute to long-term success and sustainability?

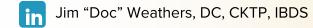
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