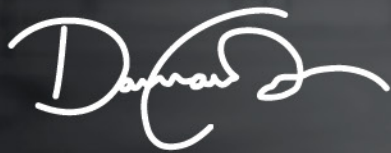




# COACH

# DANA CAVALEA

Builder of Champion Teams  
& Champion People



Coach Dana Cavalea is an action catalyst. Motivating, inspiring, and challenging your audience to take action through Keynotes, Workshops, and Fireside Chats.



@danacavalea



@danacavalea



@therealcoachd

Coach **Dana Cavalea** is the former Director of Performance for the New York Yankees. Leading the team to a World Championship in 2009, Coach was a key part in keeping players physically and mentally strong to endure the rigors of a Professional Sports season.



After realizing the demands of the modern day business climate, he now takes the same strategies & techniques used in Professional Sports and brings them to the World of Business. Treating business teams like sports teams, Coach Dana Cavalea coaches audiences to higher performance, greater productivity, and elevated personal expectations by creating alignment to a clear mission, vision, and goal.

“THE STRENGTH  
OF THE TEAM IS  
EACH INDIVIDUAL  
MEMBER.  
THE STRENGTH OF  
EACH MEMBER IS  
THE TEAM.”

**Phil Jackson**  
13x NBA Champion

“  
Nothing excites me more than watching a team reach full potential. But, before we address the team, we must address the needs of the individuals that make up those teams. If the individual is not in alignment, the team has no shot at winning big. When I come into a Conference, Workshop, or Team Meeting, the first goal is to get everyone aligned, directed, and pushing in the same direction. The goal is to have everybody that attends walk out feeling like a Champion.

Coach Dana Cavalea

# The Programs

Coach Dana Cavalea offers several Keynote Speeches. All keynotes are customized to meet the needs of the audience and objectives of the meeting planner.

Keynote Range for **60-75 Minutes**. These talks can also be modified for in-service workshops.

## HABITS OF A CHAMPION:

Based on Coach Cavalea's book, Habits of a Champion, Coach will teach you what it takes to elevate your game to the next level. Overcome fear, hesitation, imposter syndrome and all the negative self talk that holds you back. This presentation will teach you how to prime yourself for greatness just like the most competitive, high performance athletes in the world. You will get an inside look as to how the best of the best train their way to consistent results and personal greatness.

## HABITS OF A CHAMPION TEAM:

For teams to win, they must work off of standards that are proven. Coach will share with you proven standard that lead to winning from the sports fields to the boardroom. Champion teams do not just show up, they train for the results they desire. Alignment towards a common mission, vision, and goal(s) is the key to success in a team based environment. This presentation will leave teams feeling connected, empowered, and ready to run through a wall for each other and the team goal.

## HABITS OF A CHAMPION SALES TEAM:

Business is the most competitive sport in the World. Sales teams drive the success of a business. This presentation is designed to get sales teams focused, committed, and ready to breakthrough limiting beliefs that are proven to inhibit performance. When a sales team does not let rejection and failure derail them, anything is possible. Coach will lead the team through a journey that will help teams realize failures, rejection, and slumps are a part of the process and an essential part of the success process. Teams will leave this workshop with a level of security and fearlessness not often associated with the sales game.

# What Makes Coach Different.

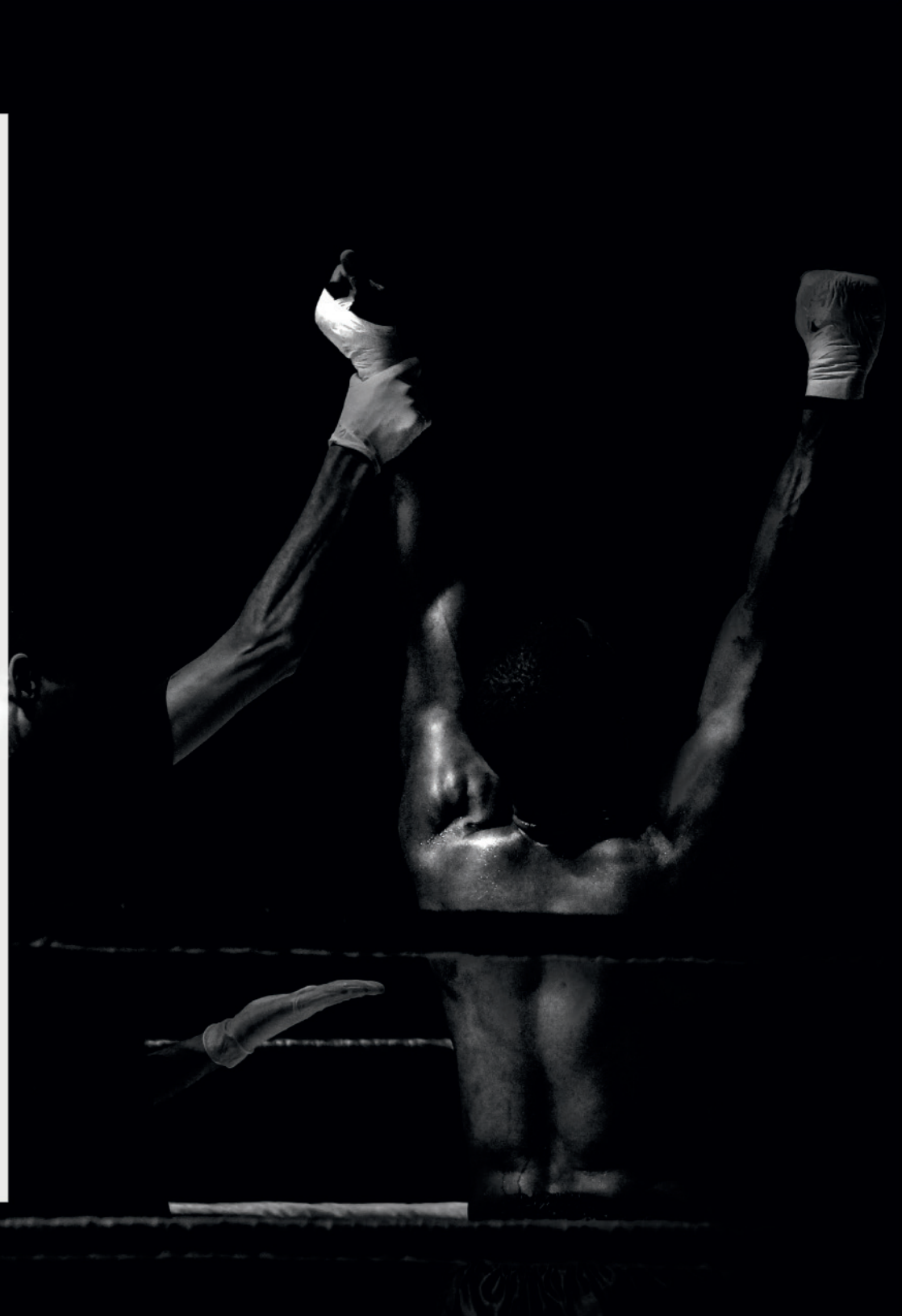
## YOU WILL BE CHALLENGED

**Unlike most speakers- Coach is a Coach. Uninhibited. Passionate. Focused on Winning.**

As a Personal Coach to top CEO's, Finance Titans, Healthcare Magnates, and Professional Athletes, Coach realizes what matters.

Results. Results matter. When Coach works with audiences everything must be geared towards results. Not focused on sugar-coating and typically fluff and speaker rhetoric, Coach is a working Professional who is committed to getting the most out of the people he works with. With a "whatever it takes" attitude, Coach demands greatness out of those he works with. He challenges them to get out of their own way so they can get the results they are capable of.

100% Committed to Building Champion Teams & Individuals, you will see the passion and the fire from the stage. If you are serious about results and not just looking for another motivational speaker, it is time to bring in The Coach.



# COMPANIES

Deloitte.

Johnson & Johnson

WELLS  
FARGO



GOOD  
MORNING  
AMERICA

Taboola

NOVUS

CAREONE  
TRUST IN OUR CARE

Softheon



BaseBall america

STEINER  
SPORTS MEMORABILIA

abc NEWS

BASEBALL  
FACTORY

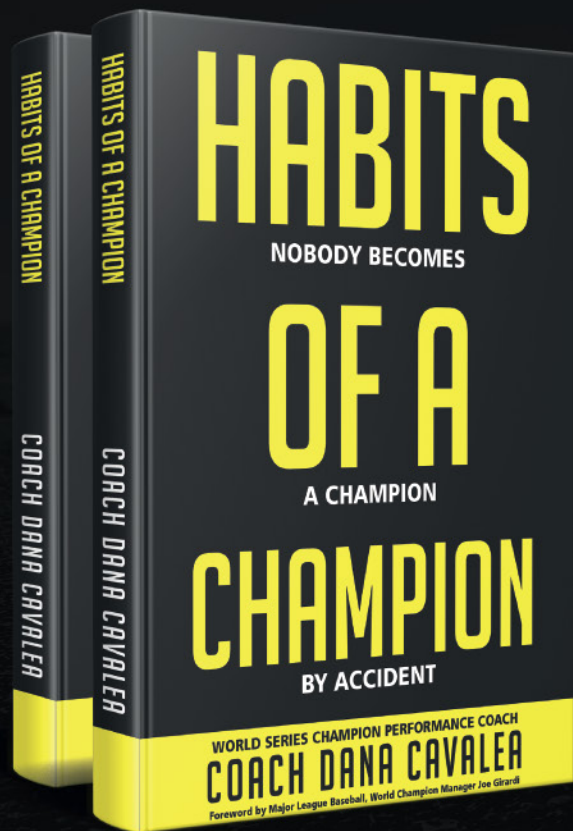
HubSpot

ESPN  
(RADIO)

CBS

Author of Best Selling Book...

# HABITS OF A CHAMPION!



“

Dana has been the guy that has kept me healthy most of my career. If you are looking to perform at the highest level, nobody is better.

”



- **ALEX RODRIGUEZ** - World Series Champion, 22 year MLB Veteran,  
3 Time MVP, 14 Time All-Star

In his first published book,  
Coach **Dana Cavalea** shares 15 lessons  
about what it takes to become a champion

# Testimonials

“

I had the chance to see Coach Dana in Boston in 2018 at the InBound convention. He shared pearls that resonated and were meaningful/weave-able into my life, work, and tribe. How amazing is his practical, big hearted, proven wisdom on small changes that create big impact. Following his blog allows the conversation of awesomeness to peek into my week and continue the journey.

Flash forward 8 months and we are hosting Coach Dana to be on deck at an event with 300+ attendees from the all over the US plus 5 countries. How special to have his timeless thoughts on “chasing greatness” delivered in a way that moves us forward in ways we can’t imagine.

A favorite quote of mine is “you know how many seeds are in an apple, but you can’t know how many apples are in a seed.” The work of Coach Dana is serious business when it comes to nurturing and cultivating the blossoming of wow in all of us

Johnson & Johnson

**BONNIE NAVARRE**

“

"It was great having Dana talk to our Sales team. He was very on point with what we were looking for and he provided amazingly inspirational examples on how to improve our work, and our personal lives. I highly recommend Dana!"



**TIM NAVIS, MARKETING MANAGER**

“

Dana Cavalea's Habits of a Champion workshop is essential to any growing business – we learned how to manage ourselves in terms to burnout, how we should effectively spend/maximize our time at work, and how we should respect ourselves and wind down after work - all in order to make our impact to the business stronger. Without taking care of ourselves, we cannot reach and exceed the goals of our company. We all walked away with a better understanding of just how crucial work-life balance is and changes we can all personally make to bring our best selves to the office each day.

MADISON  
LOGIC

**SARAH POTTIEGER, HR GENERALIST**



A man with short hair, smiling, is leaning against a chain-link fence. He is wearing a dark, quilted vest over a light-colored, long-sleeved shirt. The background is a dimly lit outdoor sports field with a building and trees in the distance.

# CONTACT

[media@danacavalea.com](mailto:media@danacavalea.com) to schedule  
a strategy call with coach Dana Cavalea