

DAVID L. COOK, PhD
PEAK PERFORMANCE COACH & SPEAKER

EMBRACE THE PRESSURE

Hire “game changing” speaker, Dr. David Cook, top sports psychology expert, to speak at your next event and learn how champions perform their best when it means the most.

Leaders know that raw potential is not enough to persevere in the midst of chaos, adversity, change and uncertainty. Those who want to excel must elevate their game to embrace the pressures that face every aspiring champion, leader and organization.

Ready to create “The Mindset of a Champion” among your leaders and aspiring leaders... start now with David’s formula which uncovers the greatest prediction of success:

FOCUS

WHERE ARE YOU HEADING?

PASSION

HOW BAD DO YOU WANT TO GET THERE?

MENTAL TOUGHNESS

HOW WILL YOU HANDLE ADVERSITY?



ExxonMobil



PitneyBowes



Sprint





David's engaging and impactful program is a game changer for individuals and organizational performances no matter the industry. He inspires and motivates audiences to understand how to elevate their performances with his game-winning strategies which include:

PRACTICE FOR EMERGENCIES.

TRUST YOUR TALENT.

PERSEVERANCE.

When the game's on the line...focus, passion and mental toughness will get you the desired results! He transforms fear of failure into freedom by embracing the pressures so leaders can perform their best when it means the most.

Renowned in the science of peak performance, David has created a seamless transition from applying game day readiness strategies to the fast paced, competitive business arena. His "Mindset of a Champion" principles have increased results to a variety organizations such as American Express, Exxon Mobil, Valero, Sprint, Frito-Lay, San Antonio Spurs, PGA, NFL, MLB and many more. He is a top sports psychology consultant, speaker, business advisor award-winning film producer and best-selling author on mental advantage and game day readiness.

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