



Dave Gieselman

Flow State Coach
Breathwork Facilitator
Speaker

COACHING

- 🔥 Reducing Stress, Anxiety & Overwhelm
- 🔥 Increasing Productivity, Creativity, Motivation, and Drive
- 🔥 Setting & Holding Healthy Boundaries in Your Professional & Personal Life
- 🔥 Breaking Patterns of Limiting Beliefs, Imposter Syndrome, Procrastination & Self-Sabotage
- 🔥 Navigating Major Life/Career Changes

SPEAKING

- 🔥 **First Get Calm, Then Get Clear:** Managing Anxiety, Stress & Overwhelm
- 🔥 **Flow State & Peak Performance:** Master Your Nervous System, Your Life & Business
- 🔥 **Clarity, Confidence & Connection**
- 🔥 **Life Changing Effects of Breathwork**

BREATHWORK

- 🔥 **Facilitation:** for Workshops, Retreats & Wellness Events
- 🔥 **Breathwork Sessions:** Individual, Group, LIVE or Virtual

TYPICAL CLIENTS

**Entrepreneurs, Executives
& Business Owners**

**Professionals: Teachers, Therapists,
Attorneys, Healthcare & Wellness
Professionals, Professional Services**

Creatives: Actors, Writers, Musicians

**People at Inflection Points: Newly Single,
New Parent, Career Change,
Lifestyle Changes**

**Couples Wanting to Improve
Their Communication**

**All Stages of Substance
Abuse/Addiction Recovery**

**"I'm so stressed and overwhelmed I don't
even know what to do first!"**





CLIENT FEEDBACK

I can honestly say that working with Dave and investing in coaching with him was one of the best decisions I've ever made.

An incredible coach! Highly recommend. Been working with Dave for 2 years now!

If you're on the fence about working with Dave... just do it! He's an incredible person who can help you become the best version of yourself!

With a dynamic past as a professional chef, Dave now focuses his passion and energy on transformational coaching. A seasoned speaker with over 20 years of coaching experience, he utilizes a neuroscience-backed approach, harnessing the power of Flow State and breathwork to help his clients navigate stress, anxiety, and feeling overwhelmed.

Having decades in high-performance environments, Dave brings clarity to purpose and passion, enabling individuals, groups, and organizations to confidently step into their next evolution. His unique blend of precision, creativity, and high-energy engagement empowers lasting transformation.



Please feel free to reach out with any questions.

Get in Touch!

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