



Dave Gieselman

Flow State Coach
Breathwork Facilitator
Speaker

SIGNATURE TOPICS

Dave is a former professional chef, now an engaging, high-energy speaker and facilitator with 10+ years of experience as a Mindset and Flow State Coach. Dave works with groups, individuals, and organizations, helping them leverage the power of Flow State and neuroscience to effectively manage stress, anxiety, and overwhelm, clarify their purpose and passions, and empower them to confidently step into the next evolution of themselves.

- ✓ Master Your Nervous System, Master Your Life & Business
- ✓ First Get Calm, Then Get Clear
- ✓ There is No Wolf: Managing Anxiety and Stress
- ✓ Flow State and Peak Performance
- ✓ Clarity, Confidence, and Connection
- ✓ Life Changing Effects of Breathwork



COLLABORATION OPPORTUNITIES

SPEAKING:

- **Signature Talk (10-30 minutes)**
- **Keynote Speaking (30-60 minutes)**
- **Half-Day Seminar**
- **Full-Day Seminar**



BREATHWORK:

- **Flow State Breathwork (90 minutes)**
- **Breathwork Workshop**
- **Breathwork Techniques**
- **Group & VIP Breathwork Sessions**
- **Facilitating Retreats, Conferences, Wellness Days, etc**



COACHING:

- **Individuals, Groups, & Organizations**
- **Stress Management, Nervous System Management, Time Management, Task Management, Overwhelm Management, Communication, etc**
- **Clarifying Passion, Purpose & Priorities**



Please feel free to reach out for any questions.

CLIENT FEEDBACK

"Dave is the perfect facilitator! He is welcoming, kind, gentle, and encouraging. He holds space for you throughout the session, gently guiding you and encouraging you. And he is super cool!"

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!

Get in Touch!

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