

Marcel Daane

Author

Speaker



Marcel Daane is one of the pioneers in integrating health and neuroscience to improve performance in executives. With over 20 years of coaching experience across business, sports, health and cognitive performance, his integrated approach has transformed the lives of thousands of executives and has subsequently helped improve the performance of numerous multi-national organizations from a wide variety of industries.

Marcel is the author of the internationally acclaimed book: *“Headstrong Performance - Improve Your Mental Performance With Nutrition, Exercise, and Neuroscience.”* Headstrong means determined, focused and committed and Marcel learned from the best about what that really means. His mother was exiled, but ultimately honored, by South Africa for her courageous stand against apartheid. Marcel’s own life-journey has taken him from military service in naval intelligence, to coaching Olympic and professional athletes, and ultimately into executive and leadership coaching.

Marcel is the founder, and CEO, of Headstrong Performance, a Singapore based boutique consulting company that enables leaders to improve organizational performance through employee health, and engagement.

Marcel holds a postgraduate degree in the Neuroscience of Leadership from Middlesex University and an Undergraduate Degree in Complementary Medicine from Charles Sturt University coupled with advanced certifications in fitness and performance coaching.

“Marcel delivers a life changing message about healthy work-life balance, good nutrition, rest and regular exercise, all leading to an improvement in performance, individually and as a team. A great way to bring about real, positive, and productive change.”

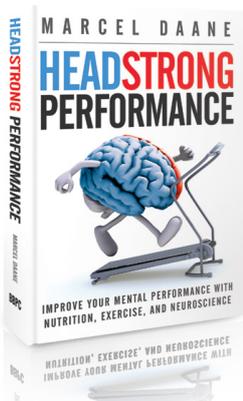
Colin Sampson, Senior Vice President, SAP



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“An Expertly Crafted Debut And Eye-Opening Wake Up Call For Executives”

Kirkus Review



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Marcel's Keynote Topics

Headstrong Performance

How To Improve Your Mental Fitness with Health and Neuroscience

Today's competitive economy is forcing our organizations to make leaner and smarter talent management decisions by requiring a more agile and adaptable workforce that can effectively respond to, and take advantage of, market demands.

However, research is showing that executives are suffering from chronic exhaustion, leaving them susceptible to accelerated aging, burnout and even chronic disease.

This keynote provides a number of powerful, health performance strategies that will enable today's professionals to improve their mental fitness and remain on top of their game for years to come.

Key Take Aways

- 5 Strategies To Improve Resilience
- 3 Brain Foods For Peak Performance
- 3 Strategies For Mental Fitness

Headstrong Leadership

Stay Cool Under Pressure and Influence Effective Change In Today's Competitive Market

What do the latest insights into the link between health and the workings of the human mind have to offer to Leadership Development?

Research in The Neuroscience of Leadership is teaching us that optimal leadership capacity is dependant on our ability to effectively regulate our own brains so we can raise our potential to positively influence other members of the organization.

This session offers insights into our leadership brains and provides practical strategies how we can utilize that knowledge to stay cool under pressure, improve our focus and instil innovation.

Key Take Aways

- 3 Strategies to Improve Focus
- 2 Strategies to Improve Creativity
- 3 Practical Change Strategies

Headstrong Culture

Improve Engagement By Raising Your Organization's Operational Fitness

Employee engagement is not just a popular buzzword, but is a tangible climate of emotional attachment that greatly influences every organization's operational fitness and success.

However, what research in Neuroscience shows us is that engagement is not the brain's default state, requiring a dedicated engagement strategy devised to continually invigorate brains.

This keynote explores the science behind, the ever elusive, employee engagement and offers practical insights into how we can utilize health strategies to inspire engagement and create a culture of operational fitness in our work-force.

Key Take Aways

- Neuroscience of Engagement
- 3 Strategies to Improve Engagement
- How Health Improves Adaptability

"Marcel drove home the connection between a healthy mind and a healthy body to the participants of our regional leadership conference. Participants received not only a physical boost, but also simple yet practical tips on what they can do to help alleviate stress, increase mental well-being and perform more effectively in their leadership roles."

Michael Braun
General Manager, Corporate Communications AAP,
Daimler Financial Services Africa & Asia Pacific

