



DR. BRIAN PARIS

EDUTAINER | HOLISTIC LIFESTYLE COACH | MOVEMENT EXPERT | BIOHACKER

Dr. Brian Paris is a keynote speaker and performance coach who helps high achievers and organizations sustain peak performance without sacrificing health, relationships, or fulfillment.

After 20 years as a chiropractor and owner of a multimillion-dollar healthcare practice, Brian learned the hard way that success without alignment comes at a cost. That experience led him to bridge neuroscience, emotional intelligence, and embodied leadership into a practical framework for modern performance.

Brian has spoken on platforms like Gaia, delivering experiential keynotes that go beyond information, creating immediate felt shifts in clarity, connection, and regulation. His work integrates science-backed insight with real-time practices, equipping leaders and teams with tools they can use under pressure.

- ## SIGNATURE TOPICS
- ▶ PEAK PERFORMANCE
 - ▶ LONGEVITY STRATEGIES
 - ▶ FLOW STATES
 - ▶ EMOTIONAL REGULATION
 - ▶ MIND STRENGTHENING
 - ▶ MOVEMENT AND BREATHWORK
 - ▶ BURNOUT PREVENTION

Grounded in his 4 Pillars of Embodied Presence, Brian helps organizations elevate communication, resilience, and execution in fast-moving environments.

Event planners and meeting professionals choose Brian for his ability to fully engage a room, not just speak to it. His interactive, relational style creates an experience where audiences feel involved and energized, while his gift for simplifying complex concepts ensures every attendee leaves with clear, actionable tools they can immediately apply.



INTRODUCTION TO BRIAN'S TALKS

All of Brian's talks can be adapted to fit the timeframe and needs of your event/team. These are available as keynotes, Interactive workshops, or virtual events.



NEUROSCIENCE OF PEAK PERFORMANCE

In this talk, Brian takes the audience through an experience to both understand and feel peak performance.

- Master the 4 Pillars of Embodied Presence to enhance confidence, connection, and influence in any environment
- Elevate emotional intelligence through practical, in-the-moment tools that strengthen awareness, regulation, and communication
- Unlock energy, endurance, and enthusiasm to sustain performance without burnout
- Learn how to create deeper, more meaningful connections that improve collaboration, culture, and overall well-being

FLOW CODE: CREATING EFFORTLESS RHYTHM & PRODUCTIVITY

In this session, Brian reveals the science and application to create and maintain flow states.

- Decode the neuropsychology behind flow and why it's the key to elite performance
- Learn practical triggers to enter flow on demand, individually and as a team
- Increase productivity, engagement, and retention without increasing workload
- Apply proven frameworks used by top performers to accelerate results across organizations
- Tap into and discover intrinsic motivation

PEOPLE ARE RAVING!

"A powerful mirror for self-reflection and awareness. Dr. Paris brings raw vulnerability, actionable tools, and real integration practices that help you identify what's keeping you stuck and move forward stronger."

— Dr. Jay Greenstein, CEO & Entrepreneur

"Dr. Brian Paris makes spiritual concepts deeply tangible and actionable. He cuts through the noise and brings you with him. Don't hesitate to dive into this work."

— Madelyn Moon, Energetic Mastery Facilitator

"Brian brings the rigor of science together with deep wisdom, guiding high performers to not only peak performance, but emotional balance and mental clarity."

— Justin Patrick Pierce, Author & Relationship Consultant

"From the first session, I felt immediate relief. Brian created a space where I could unpack burnout and navigate a more aligned chapter with real support from someone who's lived it."

— Stephanie V., DVM, Clinic Owner

"Working with Brian was transformational. His compassion and depth helped me move from reluctance to courage and confidence, stepping fully into my power."

— Dennis D., Licensed Psychologist

"Brian is intuitive, grounded, and deeply insightful. He creates a space that is both safe and expansive, helping you become more present, connected, and effective as a leader."

— Dr. David S., Veterinarian & Entrepreneur