



HEALTH & LIFESTYLE CONSULT

FUNCTIONAL DIAGNOSTIC PRACTITIONER

SPEAKER

CRAIG BRUCE

Empowering executives to reignite
their energy and live limitlessly

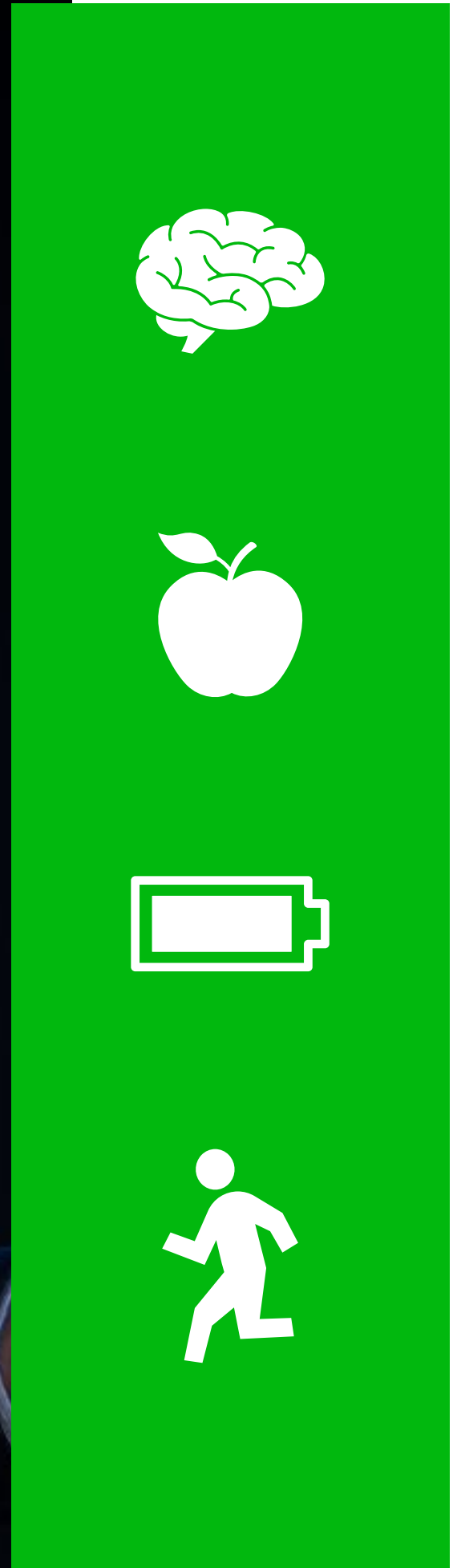




LIVE A MORE HARMONIOUS LIFE

Many driven executives are headed towards burnout, but don't actually see it coming, until it hits! These high-performing professionals think "I can do it all" and often ignore their reality – working long hours, achieving big goals in tight time frames, and pressuring themselves to over deliver. Once these professionals get burned out, they are left feeling exhausted, depleted, and can even develop serious or chronic health issues. Issues like chronic fatigue, overeating, weight gain, restless sleep or even worse – heart disease, digestive issues and feelings of isolation.

Craig shows his audience that there is another way. He walks the audience through how to live a more harmonious life with boundless energy, time for themselves, confidence in their body, restful sleep and reduced stress.



SIGNATURE TALK

REIGNITE YOUR ENERGY & LIVE A LIMITLESS LIFE

Craig will guide your audience through how to create a more harmonious lifestyle, reignite their energy, and live limitlessly through the pillars of Mindset, Nourish, Restore and Move. The audience will walk away with 5 science-based habits that they can implement right now to help them become an advocate for their own health and lifestyle.



“
*Own your destiny and become
your biggest advocate.*”

ABOUT CRAIG BRUCE

Craig is a former burnt out executive who ran global teams, worked 70 hours a week, and was so driven that it was starting to kill him. He has since transformed his health and changed his lifestyle through the use of science-based behavioral change. Now, as a certified health and life coach, he's passionate about helping other executives own their destiny and become their biggest advocate.

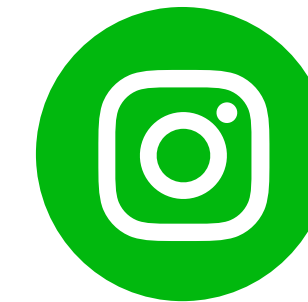
Craig holds a MBA from Vanderbilt University and a business degree from UNC Chapel Hill. He previously worked as a partner at Hewitt Associates for over 25 years. He has also worked as a Health Coach & Educator for the Equinox Sports Club Los Angeles and owns his own health and lifestyle business. He's partnered with hundreds of clients to fight burnout on their adventure to reignite their energy and live limitlessly.



CONTINUE THE CONVERSATION



CRAIG BRUCE



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