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**Stress & Change Management Expert;  
Bestselling Author**

<https://www.kmprod.com/speakers/david-posen>

## Bio

**Dr. David Posen M.D.**, speaker and also known as "Doc Calm" is one of North America's leading experts on stress mastery, work-life balance, health, resiliency and wellness. Stress is a fact of life – but it doesn't have to be a way of life. His dynamic presentations have empowered thousands of people to take control of their lives...and come out on top. Combining humour and practical analogies, Dr. Posen helps unlock the mysteries of stress and wellness. [morelink]

## Topics

**Virtual & Keynote Presentations:**

## **STRESS MASTERY >>>**

**VIRTUAL Stress Management Keynote by Dr. David Posen**

**Dealing with the Stress of Turbulent Times During Covid** [morelink]

## **Round Pegs. Square Holes:**

**The Stress of Trying to Be What You're Not** [\[morelink\]](#)

## **Workplace Stress: How It is Hammering Your Bottom Line**

**Designed For Top-Level Corporate Executives Suitable for Keynote or Seminar** [\[morelink\]](#)

## **Treating Workplace Stress: A Doctor's Prescription**

**Designed For Middle Managers Suitable for Keynote or Seminar**  
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**You Have More Control Than You Think** [\[morelink\]](#)

**Always Change a Losing Game** [\[morelink\]](#)

**Be Good to Yourself AND the Bottom Line** [\[morelink\]](#)

**Get a Grip: You Have More Control Than You Think** [\[morelink\]](#)

**The Beliefs That Run Our Lives** [\[morelink\]](#)

**Burnout: Rescue Yourself from the Brink** [\[morelink\]](#)

**Sleep and Productivity: It's Time to Wake Up!** [\[morelink\]](#)

**Taking Care of the Caregiver** [\[morelink\]](#)

**Managing Stress in a Stressful Environment** [\[morelink\]](#)

**The Stress of Success – Deal With It** [\[morelink\]](#)

**Humour in the Workplace: A Little Fun = Big Productivity** [\[morelink\]](#)

## **CHANGE MASTERY >>>**

**Staying Afloat When the Water Gets Rough** [\[morelink\]](#)

**Does Anyone Know What's Going On Here?** [\[morelink\]](#)

**GRACE UNDER PRESSURE: Managing Yourself During Tough Times**  
[\[morelink\]](#)

## **WORK-LIFE BALANCE >>>**

**The Lifestyle Balancing Act** [\[morelink\]](#)

**Always Change a Losing Game** [\[morelink\]](#)

**Running on Empty: Manage Your Energy-Manage Your Stress** [\[morelink\]](#)

Dr. David Posen is represented by K&M Productions. To inquire about Dr. David Posen's speaking schedule & [booking Dr. David Posen, contact us](#).