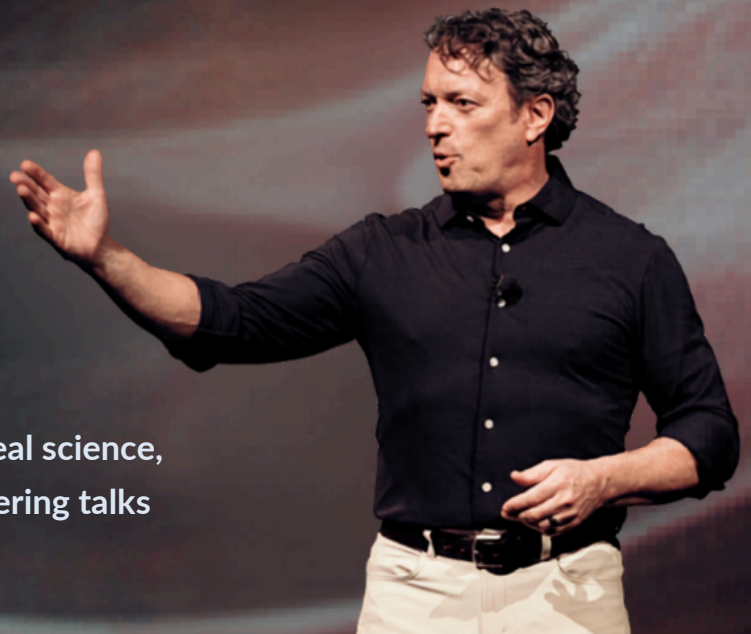


# Dr. Parker Hays



- EMERGENCY PHYSICIAN
- TOP 0.1% TEDX SPEAKER
- EXECUTIVE WELL-BEING EXPERT

Dr. Parker Hays brings 33 years of ER stories, real science, and hard-won wisdom to stages all over— delivering talks that are as entertaining as they are actionable.

## SIGNATURE KEYNOTE

### Can't Keep Going Like This? Professional Durability™ For High Performers

STORY-DRIVEN • HIGHLY INTERACTIVE

Gripping stories from decades on the ER front lines meet hard science in this highly entertaining, deeply practical talk. Audiences leave with a clear framework — and the motivation to actually use it.

#### PARTICIPANTS WILL LEARN

- How to perform better under acute stress
- To identify core values and construct a purpose-driven Why statement
- How to increase physical and mental capacity through longevity science
- To create a sustainable framework for long-term high performance

#### WHY DR. HAYS?



- Emergency physician, over 6000 shifts
- Medical school professor, Residency Director of a top 5 national program
- Chair, Medical Director leading EM departments
- TEDx speaker with over 500K views (top 0.1%)
- Co-founder Lasting Impact Wellness Group, trusted consultant to CEOs, leaders, physicians, and teams in major organizations
- Many topics available, tailored to audience



#### WHAT LEADERS ARE SAYING

*"I've heard a lot of speakers in my career. Lots of speakers come off as unrealistic, un-relatable or preachy. You are the antithesis of that and that is extremely rare in my experience."*

— S. COREY, VP | DENSO

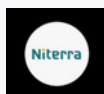
*"The best seminar I've heard in my career."*

— B. BLANKENSHIP, VP | BERRYMAN PRODUCTS

*"My favorite speaker ever in Vistage."*

— VISTAGE MEMBER CEO

#### TRUSTED BY



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