



KIEN VUU, MD | KEYNOTE SPEAKER

Even more deadly than the threat of artificial intelligence or the coronavirus is the pandemic of untapped human potential depleting the energy, emotions, and spirit of humans all over the world. For organizations, this translates to 575 billion dollars lost from illness-related absenteeism and over 1 trillion dollars every year in lost productivity from mental health issues annually. The pandemic has revealed that organizations that do not invest in elevating the health and potential of every individual struggle to survive not only due to lost revenue, but also suffocating from poor recruitment, retention, and engagement. Unless human and organizational health are in the Thrive State, they are merely surviving, perhaps even redlining with bleeding morale, performance, innovation, and top line growth.

SPEAKING TOPICS:

Performance and Longevity | Wellness and Resilience | Thriving Through Change | Leading High Performance Teams | Better Faster Decision Making

SPEAKING BIO:

Kien Vuu MD (Doctor V) is a human and organizational longevity and performance expert and a doctor who’s found a better way. By achieving the **Thrive State**, Doctor V has not only reversed his own chronic diseases, but has achieved peak mental, physical, and emotional performance, and has biologically aged backwards. Doctor V combines enthusiasm, energy, and entertainment to his keynotes and workshops.

The Thrive State is an energy - a lifeforce - that activates the biology of human potential, and can be cultivated and harnessed in any individual or organization through a simple actionable framework. His mission is to empower people and organizations to reclaim their health and serve with fulfillment, abundance, and purpose.

TRUSTED BY:





SAMPLE KEYNOTE

THE ULTIMATE PERFORMANCE ADVANTAGE - Unlocking Your Team's THRIVE STATE

Even more deadly than the coronavirus is the pandemic of untapped human potential depleting the health, emotions, and energy of humans all over the world. In today's fast-paced business world, it's more important than ever for organizations to unlock the full potential of their teams. In this emotional and thought-provoking keynote, Kien Vuu, MD (Doctor V), will share proven science-based strategies for achieving peak performance and driving success. Drawing on his extensive experience in the performance and longevity space, Doctor V will describe a simple framework on how to get into the Thrive State - the energetic state of being that activates the biology of human performance and longevity. This presentation is rooted in Doctor V's experience in overcoming chronic disease and biologically aging backwards, as well as closely studying the habits of extraordinary leaders and cultures who reached breakthrough levels of productivity, resilience, and innovation.

Actionable Takeaways Tailored to Each Audience:

- Understand the biology of optimal health, longevity, and peak performance
- Learn the 5 most important areas to focus on to achieve the Thrive State - optimized human potential
- Discover habits from some of the happiest and healthiest cultures on Earth
- Thrive through any changing work landscape with less stress and more resilience
- Master the IMPACT framework to achieve the Thrive State and transform any setback into pivotal growth opportunities



SAMPLE KEYNOTE

THRIVING THROUGH CHANGE

In today's fast-paced business environment of constant change and uncertainty, the ability to adapt and navigate change is more important than ever. Whether it's a shift in company goals, mergers, acquisitions, new technology, or changes in the competitive landscape, employees at all levels must be prepared to adjust and thrive in the face of change. In this presentation, Kien Vuu, MD (Doctor V) will discuss the importance of recognizing the biological signals of change and transforming them into our greatest growth opportunities. Doctor V will practical science-backed strategies for successfully thriving through stress, pressures, and new situations in the workplace.

Actionable Takeaways Tailored to Each Audience:

Understand the biology of stress and change and its effects on productivity, engagement, and teamwork

Develop a resilience mindset that will enable growth through any change, transformation, or disruption

Leverage identity and purpose to propel performance

Learn how to move from “Reactive Mode” to taking “Conscious Action”

Master a practical framework to transform feelings of stress and anxiety into hope and empowerment



SAMPLE KEYNOTE

LEADERSHIP STRATEGIES OF BECOMING WORLD CLASS - THRIVING THROUGH GREATNESS

Leadership Strategies of Becoming World Class - Thriving to Greatness

In a world where innovation and disruptive technologies are always challenging the status quo, organizations that don't strive to be world-class will find themselves fighting to survive. After studying and working with some of the world's highest performing individuals and organizations, Kien Vuu, MD, (Doctor V) will explore the key mindsets and practices that define championship-level organizations, and offer practical strategies for building and maintaining such organizations. Moreover, Doctor V reveals and deconstructs the Universal Law of Greatness - the 3 common traits that are shared by world-class athletes, performers, and organizations. Attendees will walk away with tools and strategies to unlock greatness within themselves and others.

Actionable Takeaways Tailored to Each Audience:

Understand the science and biology of what creates world class in human beings

Identify the mindsets, habits, and behaviors that drive world-class individuals and organizations

Learn the 3 traits that guarantee greatness

Master a practical framework to turns fear into fuel, challenges into growth, and setbacks into the launching pad of World-Class

Have an actionable plan to elevate yourself and others to greatness

TESTIMONIALS:

“...**actionable and useful** health information. If you want to be *fully inspired and laugh* while learning, he’s your guy!”

~Dave Asprey

Father of Biohacking & 4x NYT Bestselling Author

“Dr Vuu has a masterful way of bringing together science, medicine, and storytelling to **thrive through change and stress**. I now have the tools to access more resilience, vitality, and productivity.” ~Dan Chuparkof

Google Product Leader and Alum at McKinsey & Co

“Doctor V’s keynote on **leadership and leading high performance teams** was a **game-changer**. He not only knows the science behind high performance, but he also provided concrete strategies for maximizing our teams emotional health and productivity.”

~Bruce Cardenas

Quest Nutrition, former Chief Communications Officer

“Dr. V's approach to **mental and emotional resilience** was what our team needed to hear. His charisma engaged us, but his takeaways gave us the action plan to thrive with more purpose, passion, and productivity.” I’m

~Vartan Safarian

Farmers Insurance, Sales Executive

“He is phenomenal. His talk is a **world-class blend of science, storytelling, and practical insight** for everybody to live a better life.”

~Ryan Estis

Leadership and Sales Thought Leader and Keynote Speaker

“Doctor V demystifies the confusion and provides a **truly executable plan for any individual and organization to Thrive**.”

~Chris Barton

Founder of Shazam

“Dr Vuu has the *credentials, charisma, and charm* to keep the audience completely entertained and engaged, while delivering a *powerful message of resilience, performance, and longevity* that can take any one’s life or organization to the next level.”

~Joseph Antoun

L-Nutra, CEO

“Seldom in 35 years have I seen an audience immediately engaged, energized and empowered as I experienced with Doctor V. He’s like *the Tony Robbins of health!*”

~Dr Daryl Blackwell

Axyon Consulting, CEO

“All I can say is **WOW!**..... Doctor V’s process will help unleash any person’s or organization’s ability to discover the best versions of themselves - allowing them not only to have a happier healthier life, but have the energy and vitality to fulfill their mission and purpose.”

~ Josh Berman

Troy Capital Partners, Managing Partner

“Our members including leaders and executives from music, arts, technology, to businesses of all industries were captivated with Doctor V’s message - *a true masterpiece* on stage.”

~Ken Rutkowski

CBS Radio and Founder of METAL International

“Resounding praise, and thank you’s are the *overwhelming response I get from event planners* every time I book Doctor V. His message of Thrive State is rippling positivity, possibility, and empowerment in lives and organizations throughout the world.”

~Daniel Hennes

Engage Speakers Bureau, CEO

“Dr Vuu would be a fantastic speaker to anchor an association, leadership offsite, or even large sales and marketing meetings where individuals are truly stressed for their own personal well being, but also bringing in a perspective of longevity. *Having him will be the perfect choice for any event organizer or speaker bureau.*”

~Keith Ferrazzi

2x NYT Best-Selling Author and Global Organizational Thought Leader

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SEP:”