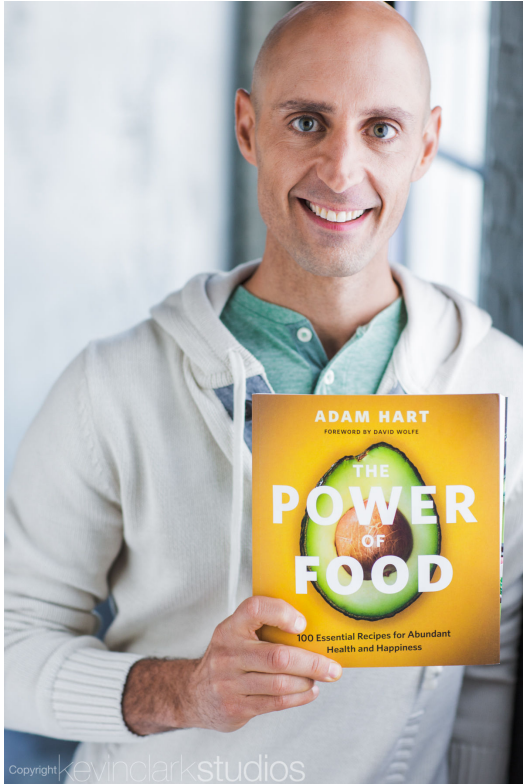


# Meet Adam Hart

CEO, Executive Performance Coach & Bestselling Author



Adam is a former pre-diabetic, overweight, couch potato turned mountain athlete and bestselling author. He learned how to upgrade his own body's ability to self heal, eliminating his food allergies, daily anxiety, ADHD and asthma, Adam now enjoys a life of freedom and teaches others how to do the same. It's his mission to help teach 100 million people how to live with more energy everyday.

For more than 14 years Adam has been partnering with forward-thinking organizations, creating customized blueprints for optimizing executive leadership performance & employee wellness. Along with being a bestselling author, Adam is also a Certified *Psychological Health & Safety Advisor* with the Canadian Mental Health Association, holds a BA in Sociology and a postgraduate degree for international

business management.

Adam has been featured in numerous print and online publications and has appeared on CTV, Global, National Geographic, Dragons Den, Breakfast Television, CBC Radio 1 and more. He is also the creator and host of the Shaw Cable cooking show "*Power of Food*".

When at his home base in Squamish BC, Adam can be found with his two young children playing in the family garden or high up in the mountains climbing rocks, skiing or biking.

## **See Adam Live Friday, May 25, 2018**

Adam will be presenting '*Biohacking for the Busy Executive!*'

To discover more about Adam, visit [www.ClearImpact.io](http://www.ClearImpact.io)