

DAVID NICO

DBA, PHD

DR. HEALTHNUT

America's #1 Health Strategist



DISCOVER

Our Purpose

Dr. Nico's purpose is to help leaders to live whole so they can model vitality, inspire vision, and create a healthy legacy.



"Enthusiasm Shines"
—DR. MICHAEL ROIZEN
NY Times Bestselling Author



"Your Life Coach"
—DR. BERNIE SIEGEL
NY Times Bestselling Author



"Healthnut Master"
—DR. JOHN LA PUMA
NY Times Bestselling Author



"More Energy"
—BRIAN TRACY
Renowned Author & Speaker



WHY

Choose David?

Nico equips leaders with dynamic strategies to enhance well-being, professional effectiveness, and organizational profitability.

- Bestselling Author
- National Media Expert
- Harvard Visiting Fellow
- Dynamic Communicator



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DAVID NICO

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Women'sHealth

TheStreet



KEYNOTE

Speaker

- Boost Talent Effectiveness
- Lead Positive Change
- Realize Profitable Results



"Great Feedback"
—BARBARA SCOFIDIO
Event Director & Editor



"Will Inspire You"
—DR. SUE VOGAN
Event Director & Author



"Stellar"
—DR. WALTER BORTZ
Stanford Professor & Speaker



"Highly Sought After"
—KRYSTAL GHEEN
Conference Director



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Dr. Nico sources cutting-edge research on leader well-being, resilience, peak performance, and creating a company health culture.

- Resilient Leadership
- Reimagine Well-Being
- Generation Health
- Lead Whole



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