David Romanelli

**F.E.A.R. - Forget. Everything. And. RISE**

David Romanelli has written books about the most resilient elders, like a 111-year-old who got divorced a 4th time…and married a 5th. He has walked his 3-year-old daughter through cancer treatment during the height of the pandemic. He has stories to tell about the power of getting through hard times and coming out the other side with newfound gratitude, perspective, and strength. He will speak to your audience about wielding the sword when approaching life’s challenges. Wield in one direction and the tough stuff will trigger fear, worry and anxiety. But your sharpened perspective can also cut through the everyday distractions and minutiae and renew your appreciation for this day, this moment, this challenge. FEAR stands for: Forget Everything And Run…or...FEAR stands for: Forget Everything And ***RISE***. This is a subject in David Romanelli’s book, Happy Is The New Healthy which has reached #1 on multiple Amazon and Apple Bestseller Lists.

**Replacing the Inner Critic**

In our hard-driving world, most everyone has an inner voice that is self-doubting and self-critical.  The feeling of being on your own team, giving yourself time to relax, and softening the inner dialogue has the potential to transform the entire culture at work and home. The leading research shows people with self-compassion are less likely to be anxious or depressed, which, in turn, leads to greater life satisfaction, personal growth, purpose, and responsibility. In this 60- minute talk, best-selling author David Romanelli shares the foundation and tools to replace the inner critic with a more forgiving approach. Your audience will finish with actionable tools to take time every day to feel a sustainable positivity and enthusiasm for oneself... and then for work, love, health…life!

### ****V3.0: Happy is the New Healthy \*\*Updated\*\*****

After all the ways we’ve been separated personally and professionally, it’s time to reconnect with some good old-fashioned laughter, perspective, and joie de vivre! David Romanelli will share uplifting stories and lighthearted inspiration that will leave your audience remembering we are more focused, more relaxed, and happier when we are connected with our clients, co-workers and families. If there’s one thing we can all agree on, we all need more laughter, joy, and CHOCOLATE. There is an optional exotic chocolate tasting that David will guide your attendees through during this talk, which can be either virtual or in-person. This talk is inspired by David’s book, Happy is the New Healthy which has reached #1 on multiple Amazon Bestseller Lists.

\*If you’ve seen David speak previously, this presentation is updated with entirely new stories based on the resilience and experiences we’ve all endured in navigating the pandemic and beyond.

**Endings Are the New Beginnings**

Two completely different perspectives

1. The oldest among us, elders in their 80’s 90’s and 100’s
2. The bravest among us, children overcoming life-threatening illnesses

WHY:  After a year that required incredible endurance, are you ready to turn the page and start fresh? David Romanelli will present the emotions, stories, and perspective to inspire your audience to release the past and pour their energy and attention into the future. David draws his insights and stories from two very unique sources; he interviews and hosts storytelling events for elders in their 80’s 90’s and 100’s. These elders have survived the Holocaust, fought in World War II, lived through countless booms and busts, and lived to tell their story. Their advice on resilience, work-life balance, longevity, health, marriage, and parenting is real, raw, relatable and second to none!

David’s second source comes from the only humans more worthy of respect than the elders: children overcoming life-threatening illness. Last year, David’s 3-year-old daughter was diagnosed with leukemia. He has walked his daughter through the dog days of cancer treatment, had a ringside seat to how bad life can get, and, as his daughter continues to do great, he draws from the stories of kids finding the inner strength to overcome with huge hearts and fierce determination. This balance of heart-opening storytelling, wisdom-based perspective, and the latest science on health and happiness will energize your audience to embrace a new day, a new chapter, a new beginning. That attitude is infectious at work and at home and impacts mental health, productivity, and the overall energy of your team and audience.

HOW: This is a very unique and heartfelt presentation that will have your audience crying, laughing, and ready to spread the word: the best is yet to come!

**Calm Minds for Anxious Times**

In these uncertain times, this virtual program gives you and your team tools to be more calm, focused, and present. While we are all living through disruptions, this is a chance to build culture and develop skills to rise above the challenges. This program was specifically developed to be experienced at your convenience, whether in the office or at home. It begins with a 45-minute company-wide Livestream, followed by a 30-day guided meditation program that people will receive in their inboxes.

**"Chocolate? Now More than Ever" (Interactive Component Available)**

In the time of a pandemic, how do you create an instant reset and recharge for your team and your clients?

The research shows that true and lasting happiness comes from the frequency of your positive daily experiences, rather than the intensity.

By treating yourself to fast, simple pleasures scattered throughout your day, even when your life is slam-packed with work and family life, you can still create the kind of happiness that is enriching and sustainable.

David Romanelli will lead your team through a LIVE 45-minute ZOOM experience that includes tools, stories and wisdom on finding joy in the time of COVID…complimented by a three-part guided chocolate tasting.

David's stories are inspired by elders in their 80’s, 90’s, and 100’s who have lived through World War 2, survived the Holocaust, fought for civil rights and have so much to teach us about what is needed to navigate the uncertainty we are all facing.

For instance, the inspiration behind David’s book, *Happy is the New Healthy*, is a 111-year-old lady whose tips to longevity were sex, vodka, and spicy food.  We all need some of that “joie de vivre” right now. Speaking of which, the oldest lady in the history of the world, Jeanne Calment, lived to be 122. Her secret? **She ate 2 pounds of chocolate per week!**

The chocolate tasting combined with David’s lighthearted stories and wisdom will remind your participants to take time for themselves and fill their heart and belly with simple pleasures.

This is a much needed, and well-deserved sensory recharge, reminding participants that “joie de vivre” still exists and feeds us in ways absolutely essential to our resilience, focus, and the energy we need to thrive (and not just survive).

David Romanelli’s work integrating chocolate and relaxation practices has been featured in The NY Times, O Magazine, The Wall Street Journal, Food+ Wine, and others. His two most recent books have reached #1 on multiple Amazon Bestseller Lists: *Happy is the New Healthy*, and *Life Lessons of the Oldest and Wisest*.

### The Oldest Secrets to Health, Success, and Happiness

In our age of artificial intelligence, genetic engineering, and quantum computing, what if your greatest life advances actually came from listening to the advice of your elders? For the past 10 years, David Romanelli has interviewed elders in their 80’s 90’s and 100’s and wrote a book entitled LIFE LESSONS FROM THE OLDEST AND WISEST. He has found the greatest life hacks come not from the podcasting jet-set but from people nearing the end of their lives… weighing in on relationships, longevity, health, happiness, work-life balance, bouncing back from hard times, and the true meaning of “accomplishment.”

You will discover a renewed appreciation for the ones you love (because the elders remind us: they don’t last forever). You will get back to work inspired to loosen your grip, take a deep breath, and make more time EVERYDAY for “joie de vivre!”

### What Leaders Need To Hear… From People Who Have Lived Through It All

Building off the life lessons of the 111-year old lady who inspired his previous book, *Happy is the New Healthy*, which twice reached #1 on Amazon’s Healthy Living Bestseller List, David Romanelli’s latest book, *Lessons from the Oldest and Wisest* shares stories and wisdom from seven years of interviewing the oldest and wisest Americans. “The elders will teach you something that you cannot learn from the most famous bestselling authors or the most high-impact business coaches or the most polished self-help gurus.” One elder Romanelli interviewed sold his company for hundreds of millions of dollars and emphasizes his secret: the power of the individual to create change by believing they can make a difference. Some of the elders Romanelli interviewed raised five or seven or nine children, as single moms. They know a thing or two about parenting. Other elders managed to survive the Nazis and Auschwitz or five months as a POW. They know a thing or two about getting through hard times. And others have a great sense of humor and remind us to keep it light and easy when you tend to make it dark and difficult. One elder Romanelli met is a 103-year-old who began driving a horse & buggy, then a Model A Ford, and now a yellow Smart Car. She said, “The first 100 years were the hardest. Everything after that is a breeze.”