

Andy Core Introduction

Are you ready to discover the secrets of leaving work feeling relaxed and in complete control?

Our speaker today is the author of, "Change Your Day, Not Your Life" and is armed with a PhD in Performance Psychology. He has spent the last two decades researching people like us. His success rate at helping create lasting change is over 13X the national average.

When not working, you can find him riding his bike through the Ozark mountains and mowing crisp lines in his lawn. He is also the proud father of two teenage daughters, which as he humorously puts it, has given him a crash course in motivation and resilience, one eye roll at a time.

Helping us live our best lives, please join me in giving a warm welcome to Dr. Andy Core!