



David Cook is a top sports psychology consultant, speaker, business consultant, and best-selling author on the mental advantage. He has coached world champions and MVP's in the NBA, National Champions in the NCAA and has worked with hundreds of elite athletes from the PGA, NFL, and MLB using his principles of focus, passion, and mental toughness. Most notably Dr. Cook served as the mental training coach for the San Antonio Spurs for eight years that included their first two World Championships.

Renowned in the science of peak performance, he has created a seamless transition from applying game-day readiness strategies to the fast-paced, competitive business arena. David's performance principles have increased results to a variety of Fortune 500 organizations such as American Express, Exxon Mobil, Valero, Sprint, Heinz, Bayer, Frito Lay and many more.

David's first performance novel, *Golf's Sacred Journey: Seven Days at the Links of Utopia*, released in 2006 became a best seller. It was turned into a movie, *Seven Days in Utopia*, starring Academy Award Winner Robert Duvall who acted out Dr. Cook's performance principles on the big screen. Dr. Cook served as Executive Producer on this award-winning film.

David's 30-year career has included notable leadership roles. He served at the University of Kansas where he developed the Applied Sport and Performance Psychology Program. He is a past president of the National Sport Psychology Academy and due to his unique and successful work with elite performers, David was selected to represent the United States at the International Olympic Academy in Olympia, Greece in 1988.

David owns and operates a successful consulting business, coaching elite performers in sport...

David Cook

Speech Topics

- Teambuilding
- Peak Performance
- Leadership
- Innovation
- Coaching / Mentoring
- Change



Testimonials

"Even though the historic storm in the Northeast prevented Dr. Cook from speaking to us in person, the energy he was able to convey via video feed was remarkable - the audience was glued to the screen and fully participative. He really was terrific - David slew Goliath this morning at our event!"

- CAO and Director of Client Experience KeyBank.

"Of all the guest speakers we have had over the past 11 years, Dr. Cook by far was the best in relating to our audience with his message. He inspired many of our customers that day and we have had more positive feedback about this speaker than any other."

- Executive Vice President Security Bank.