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Transforming Health

Archives Available

January 04th 2012: Health is not the absence of disease, it is our ability to flourish and thrive in all aspects of our life!

This week's guest is Damian Vaughn a NFL pro turned award-winning speaker, coach, and consultant who delivers programs and training for athletes and business professionals looking to enhance their performance and quality of life. He will be discussing what makes a life worth living in the context of health, well-being, achievement, meaning, and pleasure. Damian will explain that to be and stay healthy we must learn to find the "calm" in our work, find the balance of our skills to the demands of our life, and cultivate the reciprocity in relationships that allow them to grow and evolve

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Featured Guest



Damian Vaughn

Damian Vaughn is a widely recognized expert and thought leader in the fields of peak performance, mental health, and personal development. Combining his background as an NFL athlete with extensive research on the mental aspects of performance,

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