

DANIEL DAVEY

PERFORMANCE | MINDSET | MOTIVATION

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MEET DANIEL





DANIEL DAVEY IS A LEADING VOICE IN PERFORMANCE LIFESTYLE, KNOWN FOR HELPING AMBITIOUS INDIVIDUALS AND TEAMS UNLOCK SUSTAINABLE SUCCESS THROUGH MINDSET, MOVEMENT, NUTRITION, AND RECOVERY.



With over a decade of experience working with elite athletes including Ireland's most decorated rugby and football teams, Daniel brings a unique blend of scientific expertise, practical insight, and motivational energy to every piece of content he delivers.

Daniel's approach is rooted in simplicity, consistency and enjoyment.

His content, talks and programmes inspire people to take ownership of their habits, rethink their relationship with performance and build systems that support long-term wellbeing and achievement.

DANIEL'S COMMUNITY

2 X BESTSELLING BOOKS

EAT UP: RAISE YOUR GAME
EAT UP: THE NEXT LEVEL

238,000+ FOLLOWERS

ACROSS INSTAGRAM: TIK TOK: FACEBOOK & LINKEDIN

10+ YEARS IN ELITE SPORT

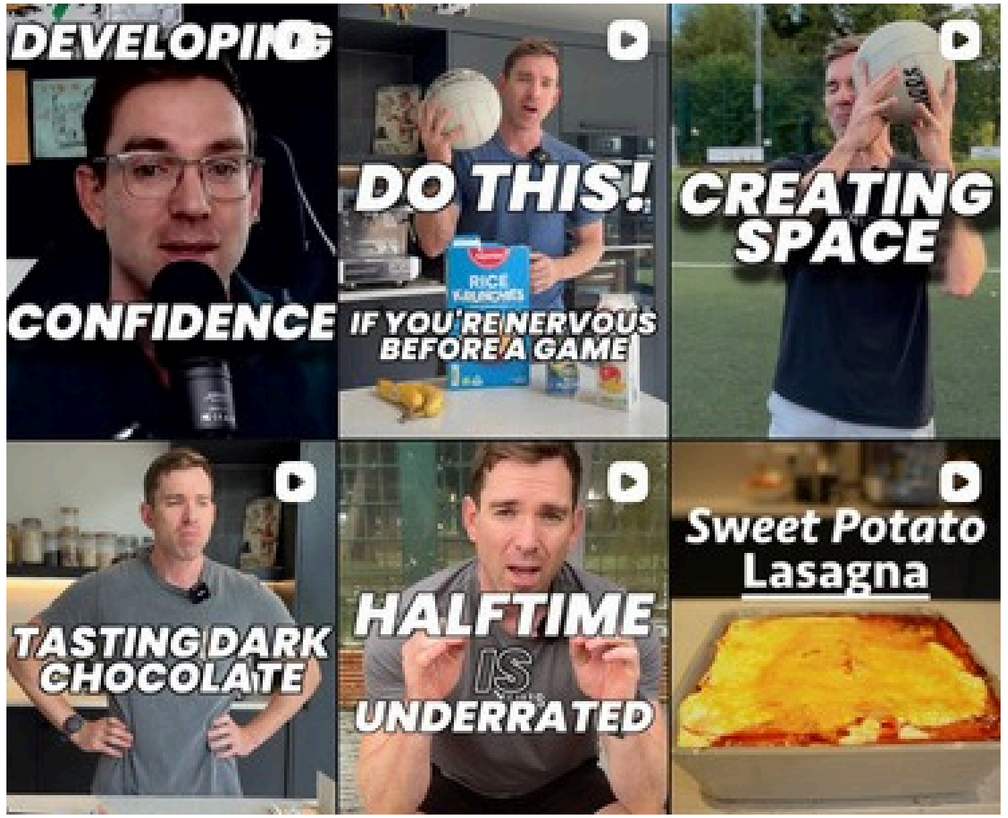
PERFORMANCE NUTRITIONIST FOR DUBLIN GAA & LEINSTER RUGBY

COMPETITIVE GAA PLAYER

INTERCOUNTY WITH SLIGO GAA & ALL IRELAND CLUB TITLE WITH BALLYBODEN ST. ENDA'S

BUSINESS FOUNDER

FOUNDER OF DAVEY NUTRITION & VERUS PERFORMANCE



DANIEL'S REACH

238,000+ engaged followers across Instagram; Tik Tok; Facebook & Linkedin.

INSTAGRAM

69% Women / 31% Men

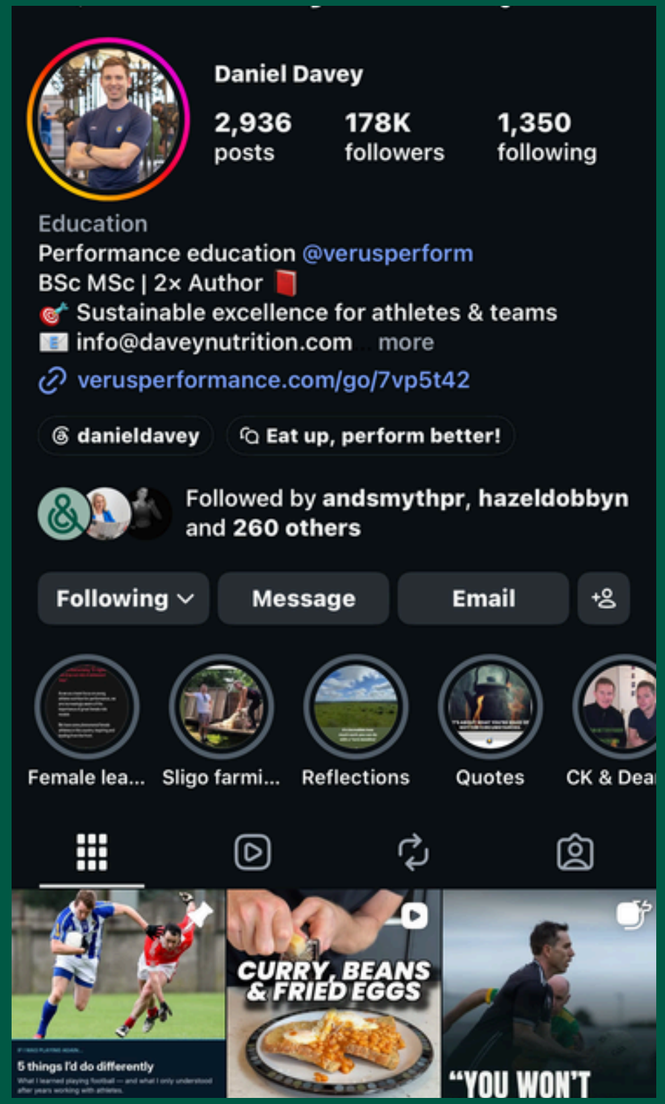
25-34 (27%) 35-44 (27%), 45-54 (18%)

Ireland 76%, UK 14%, Australia 3%

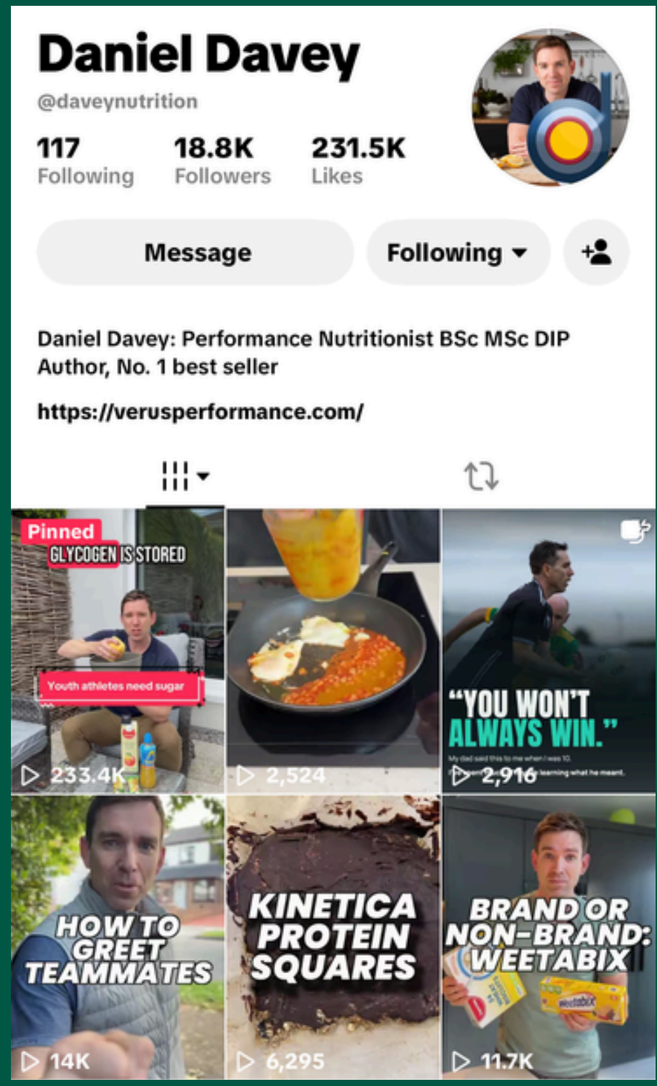
TIK TOK

52% Male / 48% Female

25-34 (32%), 35-44 (22%), 45-54 (21%)



INSTAGRAM



TIK TOK



DANIEL'S QUALIFICATIONS

- BSc in Science – University College Dublin
- MSc in Nutrition, Physical Activity & Public Health – University of Bristol
- International Olympic Committee (IOC) Diploma in Sports Nutrition
- Certified Strength & Conditioning Specialist (CSCS) – NSCA
- National Qualification in Exercise and Health Studies
- Currently completing MSc in Sport & Exercise Psychology

WORK WITH DANIEL

FROM THE SPORTS FIELD TO THE KITCHEN TO THE BOARDROOM, DANIEL HELPS DRIVEN INDIVIDUALS UNLOCK SUSTAINABLE SUCCESS.



Keynote & Motivational Speaking - energising talks for conferences & events

Brand Ambassadorship - elevate your brand with tailored content & events

Social Media Content - designed for your brand

Performance Workshops - mindset focussed sessions for teams

Workshop Facilitation - facilitating group conversations, team reviews & sessions with leaders

Media & Podcast Guest - insightful conversation with depth & authenticity

MOTIVATIONAL TALKS

“There are a lot of overlaps between executive excellence and elite sport. It’s not just about high performance or talent.

It’s about standards, attention to detail, and the energy you bring every day.

You don’t just turn up to work and train, you prepare to train and you work to deliver.“

- Daniel Davey



KEYNOTE IDEAS

Leading Others: Lessons from High-Performance Sport – trust, standards, responsibility and helping others perform

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Your Game Plan for Health and Performance – practical ways to build nutrition, movement, recovery and mindset into everyday life.

Finding Your Next Level: Lessons in Sport, Life and Business – ambition, setbacks, growth and continuing to progress.



LOOKING FORWARD TO WORKING WITH YOU

Represented by &Smyth

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