

DAVE BLAKE

The Flip Flop Philosopher

*Disabled by fate. Philosopher by choice.
Life by Design*

Dave helps organizations Navigate the Unknown by showing them how to flip what isn't working into what they desire.

AUDIENCE TAKEAWAYS

- Learn how to thrive in uncertainty and flip frustration into forward motion.
- Reduce stress and overload in real time.
- Build structure that supports action, even on hard days.
- Leave equipped with tools to take action.
- Create a dynamic workplace rooted in balance, calm, and clarity.

DAVE, MOTIVATIONAL SPEAKER

Dave trained in underwater rescue with Navy divers. He led professional development for Disney. He built the #1 entertainment business in Chicago.

Then came the medical mistake that took it all. He found himself in a hole so deep, reinvention was the only way out.

Tapping into **outrageous humanness**, Dave **Flip Flopped** his thinking about nearly everything and created a **Life by Design**.

A former president of the National Speakers Association, Dave blends humor, personal story, and practical tools that deliver long after the applause.



PROGRAMS

Navigating the Unknown

How to adapt, focus and move forward when the map is gone.

The Stress of Stress Reduction

The neuroscience of burnout and how to function when you feel fried.

Goals Get You Out of Holes

A practical approach to reclaiming clarity, momentum and purpose.

The Shaved Coconut Theory

Design products and workplaces for our lives, not our limits.

FROM CLIENTS

Fifth Third Bank:

*"Just want to thank you for being hands down
AMAZEBALLS on so many levels!"*

(Other testimonials available upon request. Proudly trusted by Live Nation, Disney, True Value, WGN, Hosts Chicago, Hard Rock Cafe and more.)

THE HUMAN SIDE OF AI

*"Dave Blake doesn't speak about artificial intelligence, he speaks to the people expected to adapt to it. AI is the accelerator.
Dave is the stabilizer."*





SPEAKER VIDEO LINKS

[Corporate Interview](#)

[Disability Promo](#)

[Speaker Reel](#)

[Testimonial Reel](#)

[View All](#)

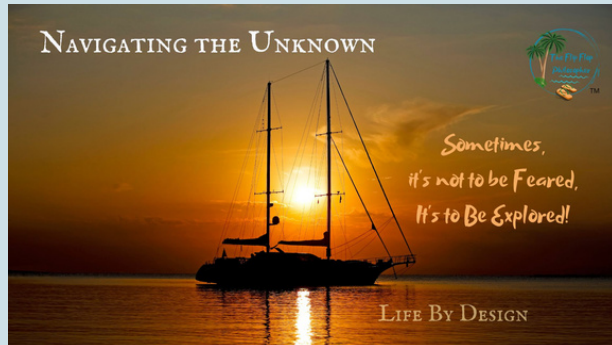


DAVE BLAKE
The Flip Flop Philosopher

PROGRAMS

All programs are a 30 to 90 min keynote and can be customized to include a workshop or breakout. Programs are offered for in-person, virtual, or hybrid. We use a professional production studio for all virtual events.

NAVIGATING THE UNKNOWN: TRANSFORMING DISTRACTION INTO ACTION FOR SUCCESS



How we respond to uncertainty shapes everything. In this engaging and transformative keynote, Dave Blake shares his remarkable journey from medical trauma to life redesign and teaches audiences how to turn disorientation into direction. Attendees will leave with practical strategies to move forward, even when the map is gone, and rediscover the clarity, energy, and purpose that stress and survival mode often steal.

[Read More](#)

GOALS GET YOU OUT OF HOLES: TRANSFORMING ADVERSITY INTO OPPORTUNITY

When life knocks you deep into a hole, a goal is more than a ladder; it's a launchpad. Dave shares how he rebuilt after a medical mistake by setting one small goal at a time. Audiences learn how to use goals to regain clarity, build structure, and rise even higher than where they started.

[Read More](#)

WELLNESS: THE STRESS OF STRESS REDUCTION



In a world where even stress relief has become a source of pressure, Dave offers a refreshing reset. In this energizing session, he helps audiences break free from perfection-based wellness traps by introducing clear, actionable tools to create structure, regain focus, and use Joy as their GPS. Attendees leave feeling lighter, clearer and more capable.

[Read More](#)

THE SHAVED COCONUT THEORY: DESIGN PRODUCTS FOR OUR LIVES, NOT OUR LIMITS

Disabled consumers aren't an afterthought, we're a market. In this trailblazing keynote, Dave Blake invites companies to remove the shackles of assumption and compliance, and unleash the creativity needed to build products people actually want to use, show off, and buy again. Dave will show you how to care *and* compete.

[Read More](#)



WORKSHOPS - RETREATS

1

From Distraction to Action

Guide your team to calm, find your footing, and take your next step even when the map is gone.

- Go from overwhelm to traction in under two hours.
- Flip Flop your focus when life feels uncertain or out of sync.
- Imagine things turning out exactly as you want them. Unlock the outcomes you desire.
- Tools that stick long after the workshop ends.

2

Building the Ladder to Success

This is goal-setting redefined, building your Business by Design.

- How to use Joy as your GPS to align and motivate your team.
- Create short-term goals that guide progress without pressure.
- Design supportive routines that align your metrics to your mission.
- Discover and utilize team member talents.

3

How to Function When You Feel Fried

Clarity begins with focus. This workshop gives your team the tools to reset, build structure, and move forward with confidence, even in times of change.

- Create daily recovery routines that fit your life & work environment.
- Functional Calm - Redesign your day for success.
- Work/Life Balance, slaying this Supervillain.
- Recognize It, Reposition It, Restate It, Then Dissolve It.

4

Designing Products for Our Lives, Not Our Limits

This dynamic workshop reveals what's been overlooked, shows what's possible and equips your team to design products people can't wait to buy, use and brag about.

- Explore how obliterating institutional assumptions fuels innovation.
- Dr. Offices? Hospitals? Nope. Your buyers moved. Dave shows you where they went and what they want now.
- Identity Design. Flip what's overlooked into what we're looking for.

Workshops are 30 minutes to 4 hours



FLIP FLOP YOUR THINKING

With Dave Blake

Introducing the
Flip Flop Philosopher



After a major medical mistake, this industry leader found himself in a dark hole, seemingly impossible to escape. In pursuit of relentless forward progress towards his true desire to walk, talk and 'live' again, he Flip Flopped his thinking, created a Life by Design, then retook the stage to share the radical path he forged to get from where he was to where he wanted to be...a return to **Outrageous Humanness**.

Dave's expertise on human connection, leading people from distraction to action, is **highly sought after** by industries and associations such as the Sandy Hook Promise Group. After the Broward County school shooting, Dave traveled the states to share the Know The Signs program with over 400,000 middle and high school students, administrators and law enforcement. He has taught new skills to those recently released from prison to empower them to remove the mental blockers holding them back from their greatness. As a representative for the *on the go disabled*, who believes in connection and belonging, Dave has lent his voice to countless groups and towns to assist in creating healthier, more inclusive communities.

Infusing humor, this National Action Speaker and Synergy Coach helps people re-energize and shows companies how to re-imagine resilience by putting humans center stage. He is a Past President of the National Speakers Association and the admired originator of the Flip Flop Philosophy™.

Outside of speaking, Dave resides in South Florida with his wife Lisa. Most days you can find him 'on' the water sailing with friends, 'above' the water parasailing or 'by' the water drinking coffee and hanging with a turtle.



[Dave Blake Demo Reel](#)
[Welcome To The Flip Flop Philosopher](#)



FLIP FLOP IT

HOW TO GET A
LIFE BY DESIGN



DAVE BLAKE

Jack Canfield, Co-author of *Chicken Soup for the Soul*:

“*The world needs what you have to share, Dave.*”

DAVE BLAKE



DAVE BLAKE

E BLAKE

COMING SOON

ABOUT THE AUTHOR

Dave trained in underwater rescue with Navy divers, led professional development at Disney, and built Chicago's #1 entertainment company. Then a medical mistake took it all. Reinvention was the only way out so he Flip Flopped his thinking, tapped into outrageous humanness, and created a life by design.

Gen Z Attendee:

“*Most meetings are intimidating... You're not!*”

THIS BOOK BLENDS STORIES, NEUROSCIENCE, AND TOOLS TO HELP YOU MOVE WITH CLARITY, DESIGN YOUR DAY WITH INTENTION, AND NAVIGATE THE UNKNOWN FOR YOURSELF OR YOUR TEAM.

DAVE'S FLIP FLOP PHILOSOPHY™ AND POSITIVE OPERATING SYSTEM SHOW HOW POWERFUL LIFE BECOMES WHEN YOU ALIGN WITH PURPOSE, SHIFT YOUR MENTAL PROGRAMMING, AND TAKE CLEAR ACTION.

FLIP FLOP IT OFFERS A PRACTICAL GUIDE TO REDUCE OVERWHELM, BOOST EFFECTIVENESS AND BUILD REAL MOMENTUM AT WORK AND IN LIFE.

WHY CHOOSE US



Casual Consultation Calls
Customizable Speech/Workshops
Transparent Fees
Easy To Work With
Simple Booking Process

Our Helpful Team Is Available and Quick to Respond

You're In Good Hands

In addition to speaking, Dave has an extensive background in the corporate event industry. We are your responsive, reliable, no pressure partner. Our team provides excellent service and we're **there when you need us**.

Dave is bringing 'Humanness Back to Business'

No matter who you choose to speak at your event, we invite you to [Take A Little 'You' Time.](#)



For each event booked, The Flip Flop Philosopher donates to the Loggerhead Marine Life Center for Ocean and Sea Turtle Conservation.

FLIP FLOP YOUR DESKTOP

Ask How to Get These Daily Desktop Inspirations for Your Group



Believe It's Possible

WE MUST CALM DOWN...

HELP SOMEONE FIND THEIR JOY

WHEN DISTRACTION

IF WE ARE THE SUM OF THE FIVE PEOPLE WE

LEADERS LIFT OTHERS

GET LUXY TODAY,

Give Yourself Perm

Flip Flop Your Daily Routine

SAY IT'S NOT AGE

IF YOU COULD HAVE
DRINKS WITH SOMEONE,
WHO WOULD IT BE?
Ask Them!

What do you see?

Move them from
Distraction to Action



INTRODUCING THE FLIP FLOP PHILOSOPHER DAVE BLAKE



To be read when introducing Dave to the stage.

Today's speaker trained in underwater rescue with Navy divers. He led professional development for Disney. He built the #1 entertainment business in Chicago. Then came the medical mistake that took it all. Afterwards, this industry leader found himself in a hole so deep and seemingly impossible to escape, reinvention was the only way out. In pursuit of relentless forward progress towards his desire to walk, talk and 'live' again, he Flip Flopped his thinking, created a Life by Design, then retook the stage to share the radical path he forged to get from where he was to where he wanted to be... a return to Outrageous Humanness. Please welcome...the Flip Flop Philosopher, Dave Blake

NAVIGATING THE UNKNOWN: TRANSFORMING DISTRACTION INTO ACTION FOR SUCCESS

LIFE BY DESIGN



NAVIGATING THE UNKNOWN

We all face times when the path forward disappears, when a crisis, diagnosis, loss, or life change drops us into unfamiliar terrain. For Dave Blake, that moment came after a serious medical mistake during a routine surgery left him neurologically compromised, physically disabled, and emotionally isolated. What followed was a long, humbling, and extraordinary journey of rebuilding, not just health, but life purpose, focus, and identity.

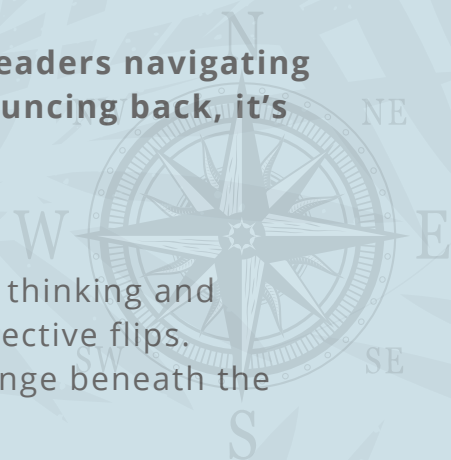
In *Navigating the Unknown*, Dave guides audiences through the process of reclaiming momentum when direction is lost. With humor, storytelling, and neuroscience-backed insight, he shows how the brain responds to uncertainty and how to reset that response with structure, choice, and small, meaningful action.

Through the lens of his “Flip Flop Philosophy™,” Dave reveals how to identify the real unknowns, break them into manageable parts, and use them as opportunities for reinvention rather than paralysis. He encourages participants to examine their environment, relationships, and habits with fresh eyes and equips them to create a Life by Design even if they’re starting from rock bottom.

This keynote is a reset button for teams, individuals, and leaders navigating high-stakes change, burnout, or recovery. It’s not about bouncing back, it’s about moving forward, one step at a time.

Learning Objectives / Takeaways

- **Flip Flop What Isn’t Working:** Gain tools to shift unhelpful thinking and transform uncertainty into possibility through simple perspective flips.
- **Clarify the Unknown:** Learn how to identify the real challenge beneath the overwhelm so it can be addressed with intention.



GOALS GET YOU OUT OF HOLES: TRANSFORMING ADVERISTY INTO OPORTUNITY

GOALS

Get You Out of Holes!



LIFE BY DESIGN

In this engaging keynote, Dave Blake confronts the practical and emotional challenges businesses face when striving for success in turbulent times. With humor and authenticity, he emphasizes that goal setting isn't just about surviving; it's about designing a life full of success and fulfillment. Attendees will learn that the unknown doesn't have to be daunting, it can be a space of opportunity waiting to be explored.

Dave outlines essential strategies to turn vague aspirations into actionable goals. Drawing from his personal experiences, including overcoming life-altering adversity, he illustrates how creating structure amidst uncertainty can yield innovative solutions. With neuroscience seamlessly woven into the discussion, he illustrates that our perceptions of the unknown often lead to limiting beliefs. Rather than preparing for the worst, Dave teaches audiences to prepare for the best, fostering a shift in mindset that leads to tangible results.

Participants will walk away with a renewed sense of purpose and practical tools that they can implement immediately, effective goal-setting practices designed to catalyze positive change within their teams and organizations, enhancing not only performance but culture as well.

Learning Objectives/Takeaways:

- **Flip Flop Your Metrics:** Attendees will learn ways to realign their metrics with their mission, ensuring true organizational balance.
- **Synergize Team Talents:** Participants will gain knowledge on how to leverage the unique strengths of team members to create a cohesive work environment.
- **Implement Immediate Actions:** Attendees will receive practical tools and techniques that can be easily integrated into their daily routines, paving the way for sustained success and resilience.
- **Foster a Culture of Growth:** Learn to create an environment that encourages exploration and innovation, contributing to a thriving workplace culture.

It's OK, To Not Be OK

LIFE BY DESIGN



Today's workforce isn't just stressed, they're overwhelmed by the pressure to hold it together seamlessly. In *'WELLNESS: THE STRESS OF STRESS REDUCTION'*, Dave Blake flips the narrative. He helps them build a structure that actually supports their day, especially when everything feels upside down.

Drawing on his recovery from a life-altering medical mistake that caused a neurological injury, Dave combines humor, neuroscience, and deeply relatable storytelling to reset, build structure, and move forward with confidence, even in times of change. Using the Flip Flop Philosophy™ and tools such as *'Joy Is Your GPS™'*, Dave leads participants to shift from reacting to pressure to building practical balance one small, meaningful reset at a time.

Attendees learn how to break big stressors into manageable pieces, calm the body to focus the mind, and lean into community rather than isolation. The session blends engaging stories with practical tools that can be implemented right away to feel and function better.

This keynote creates an open, supportive environment where professionals reconnect with purpose, swap burnout for clarity, and leave equipped to move from survival mode into meaningful momentum both at work and at home.

Learning Objectives/Takeaways:

- **Real Tools for Real Stress:** Walk away with simple, effective strategies to regain focus, reduce overwhelm, and return to the tasks that matter most.
- **Neuroscience to Flip Flop Your Thinking:** Discover what's really happening during overwhelm and how to help your mind reset, refocus and return to clarity.
- **Mind-Body Sync:** Experience simple, science-backed techniques that calm the nervous system and sharpen focus in real time.
- **Connection as a Wellness Strategy:** Discover how authentic human connection fosters resilience, energy, and sustains well-being in any team.



Choose Your Path

LIFE BY DESIGN

THE SHAVED COCONUT THEORY: DESIGN PRODUCTS FOR OUR LIVES, NOT OUR LIMITS

Expressing our identity is everything. The Shaved Coconut Theory explores how obliterating institutional assumptions fuels innovation. Dave thought the hardest part of surviving a medical mistake would be learning to walk and talk again. Turns out, it's finding a scooter basket that doesn't scream *'retired librarian with a knitting emergency.'* In this fun, dynamic, story-rich keynote, Dave Blake shares the outdated assumptions that have kept companies designing for limits instead of *on the go* lives.

He delivers bold ideas with charm, wit, and dynamic clarity. His interactive keynote blends consumer truth with design strategy, inviting audiences to explore what they've overlooked, what it's costing them and how to unleash insane financial success and brand loyalty.

Have you already built something smart, sleek, or even a little bit badass? He can show you how to stop hiding it behind a booth next to a trifold and go where your buyers actually are.

Attendees will laugh hard, rethink, and walk away ready to flip flop what isn't working into their next competitive advantage.

Learning Objectives / Takeaways

- **Design Beyond Assumptions:** Learn how to recognize outdated defaults and unlock bold, identity-driven innovation and design that actually resonates with identity-driven buyers.
- **Study the Workarounds:** Examine real-world hacks created by disabled users and see why these *"unofficial fixes"* are your company's next great R&D roadmap.
- **Invisible to Invincible:** Discover how inclusive design moves people from overlooked to in-demand and why that shift drives loyalty and revenue.
- **Your Buyers Moved. So Should You:** From comic cons to farmers markets, find out how to stop blending in at trade shows and start standing out where real buyers actually shop, scroll, and show off.