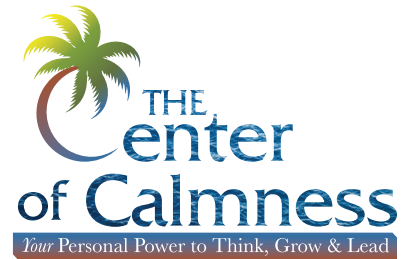


SPEAKER ONE SHEET DK Warinner



Speaker DK Warinner engages audiences with exciting news, and his vision of empowering individuals to eliminate their stress and anxiety is a godsend! People worldwide, as soon as they know about **The DK Method for Stress and Anxiety Elimination**, begin using *their* center of calmness to eliminate stress and anxiety in their business and life. Now millions of people will find **The Center of Calmness**.

Derek “DK” Warinner is a “born high achiever” - - Engineering Degree, MBA, non-stop professional development, and personal growth. Unfortunately, DK’s chronic *Anxiety and Panic Disorder* reached a critical point after years of high stress situations climbing the ladder of corporate achievement. Determined to excel, DK immersed himself in assessing the stages of stress-triggered anxiety and developed a *method* any individual can apply:

The DK Method for Stress and Anxiety Elimination

a simple, proven, teachable method with life-long impacts without drugs or therapy. It enables a higher level of success in business and life by disabling stress and anxiety’s control over the individual. DK founded **The Center of Calmness**: 1) to empower high achievers worldwide with **The DK Method for Stress and Anxiety Elimination**, and 2) to mentor individuals in mindsets & skillsets to shift out of “*Stress Driving You*” and shift into “*You Driving Your Success*”.

Experience DK Warinner:

Author of, ***Anxiety Stress & Overwhelm Are Now Optional!***
Speaker to Business Audiences, Personal & Career Development Groups;
Coach to Executive Teams.

Contact Speaker DK Warinner

Direct Email: RelaxMeDK@gmail.com

Direct Cell: (409) 665-7196 (TEXT OK)

SIGNATURE SPEECHES:

Your “*Center of Calmness*”: ***Moving from Stress to Life!***

How do I find my Center of Calmness?; How Long Does it Take?
How You Become the Center of Calmness for others.

Chronic Anxiety & Stress In The Workplace:

Does ANYONE Understand Its Debilitating Power?

From His Deep Understanding, DK Answers This Question With Clarity.

Rebuilding Quality of Life When Your Stress is Driving You.

What’s the Rebuilding Process When You’re Super-stressed?;
Self-Destructive Walls Our Stress Drives Us Into; Impacting Relationships.

“

SPEAKER ENDORSEMENTS:

“Speaker DK Warinner’s story reveals his deep understanding of chronic anxiety’s debilitating effects at work and DK’s determination that eliminated it.”

Rich Kozak,
Brand Expert

“For me as a business owner and leader of teams, speaker DK Warinner was right on point - - multiple examples of people who have overcome those issues.”

Dr. Russ Otto, M.D.

“I really enjoyed our speaker DK Warinner. It was brilliant. It’s so valuable, because living a stress free life is key to functioning at your optimum level. I hope a lot more people get to experience the work DK is doing.”

Dava Ruiz,
Empowerment Coach

“I noticed so many effective things in what speaker DK Warinner presented that I had not thought of before.”

Pamela Heath,
The “Yes” Coach

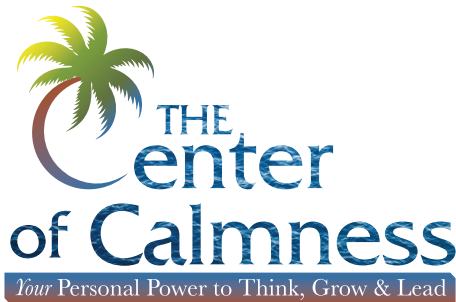
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MEDIA GUEST ONE SHEET DK Warinner

Derek “DK” Warinner, author, speaker, executive achievement coach and survivor & eliminator of a chronic anxiety disorder, envisions people worldwide using their center of calmness to eliminate stress and anxiety. As soon as they know there is a solution, they apply ***The DK Method for Stress and Anxiety Elimination***. DK sees these people finding more clarity and focus in their business *and* in their life.

The Problem Today: 40+ million people in the U.S. alone are diagnosed with anxiety disorders. Millions more have high-stress work environments. These people DO NOT KNOW THERE IS A SOLUTION to learn quickly and apply in-the-moment.

This solution is **a method that works** for professionals and teams, for individuals and family members. And thank goodness, It works without drugs or traditional therapy.



What People Are Saying About ***The DK Method for Stress and Anxiety Elimination:***

“When I focused on ***The DK Method for Stress & Anxiety Elimination***, I was able to take my energy from an eight or nine on an anxiety scale to a one or two.”

Duane Lehr,
Financial Strategist

“DK helps people go from stressed to totally calm within minutes. I loved experiencing that result for myself.”

Dorothy Andreas
Entrepreneur, Author

“I’m going to be incorporating ***The DK Method for Stress & Anxiety Elimination*** into my coaching for my clients, because I know it will help them.”

Dr. Abir Alameddine,
Chief Operating Officer

“Because everybody is under stress, your ***DK Method for Stress and Anxiety Elimination*** is really necessary for our time.”

Minh H. Dannerstedt,
Wellness Consultant

“Since I learned ***The DK Method for Stress and Anxiety Elimination***, I’ve found so much peace.”

Stacey Sappington,
Broker-Owner

DK Warinner founded ***The Center of Calmness*** to empower individual high achievers worldwide with ***The DK Method for Stress and Anxiety Elimination***. ***The Center of Calmness*** also trains individuals in applying mindsets & skillsets that powerfully *shift* them from “*Stress Driving You*” into “*You Driving Your Success*”.

INTERVIEW TOPICS:

DK Warinner, author of, ***Anxiety Stress & Overwhelm Are Now Optional***, is qualified and prepared to be interviewed as an expert, to add his voice on a panel, to provide an article or expert guidance on these topics, and several others:

Dealing With Chronic Anxiety & Stress In The Workplace.

Finding Your “*Center of Calmness*.”

Teaching The “*Center of Calmness*” To Your Team & Family.

Disempowering Stress-Triggered Anxiety: Discovering the Way Out.

Story-Telling That Sends Stress & Anxiety Packing.

The Process of Shifting from High Stress to High Quality of Life.

The Importance of *Calmness* to Being Present & Envisioning Life’s Purpose.

Contact Media Guest DK Warinner | Direct Email: RelaxMeDK@gmail.com
Direct Cell: (409) 665-7196 (TEXT OK)