

Live Better. Live Longer. Live Fully.



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Keynote Proposal

The Executive Performance &
Longevity Blueprint

*How Elite Leaders Overcome
Decline to Sustain Personal and
Organizational Growth*

Abstract

Executive performance decline is often accepted as a consequence of aging, but it doesn't have to be.

In this keynote, Patrick O'Donnell introduces a practical, science-backed performance framework that helps leaders restore energy, sharpen cognitive performance, and reduce biological age by an average of 7.5 years - while installing the systems needed to sustain lasting results.

Drawing from his work advising high-performing executives, leadership teams & pro athletes, Patrick connects personal performance directly to organizational results, showing how leaders who reclaim their energy and clarity make better decisions, lead more effectively, and fuel long-term growth.

Patrick brings lived credibility to the stage, ranking in the top 0.1% globally for lowest pace of aging, and translating those same principles into actionable strategies.

This session is ideal for executives and teams who want to perform at their best today while building the capacity to lead, scale, and make an impact for decades to come.

Audience Takeaways

1. Identify the root causes of executive performance decline
2. Restore energy, focus, and cognitive performance at the leadership level
3. Principles to reduce biological age by an average of 7.5 years
4. Install performance systems that scale with leadership demands
5. Sustain high performance as responsibility and complexity increase