



änergy
fun engineers pte. ltd.

Company Registration No. 200403896W



Mr David
Sales & Personal Coaching
Certified Health & Wellness Coach
Certified Master NLP Practitioner
BSc in Sports Science

David has been empowering lives of individuals since 2002, coaching and training athletes for various competitions in the Singapore Navy, where he was a Physical Training Instructor.

He continued to apply his skills learnt during his N.S. days in training and coaching individuals during this 8 years stay with Fitness First as a Fitness Trainer. He was consistently one of the top salesperson in the company during his stay there. He was able to maintain his sales records due to his unique ability to create great rapport to his clients to who with him for years.

He then moved on to coaching corporate groups and clients to successes in the running races and personal lives as an independent fitness trainer and life coach.

A passionate running coach, he is known for his creative and dynamic coaching style. He has led his running teams to several podium wins at various running races. He readily accepts the challenge to coach anyone who just started running to finishing a full marathon.

Over the past 10 years, David has coached numerous clients to achieving their ideal fitness level as well as body weight. His philosophy to training is utilising excitement, education and empowerment so as to help his clients be at their best.

Magazine"(Fit & Fab 2003 & 2014), "Ezy Health and Beauty" and "Strength Training for Triathletes".

David graduated with a Bachelor of Sports Science from the University of Edith Cowan, Australia. He is a Certified Health and Wellness Coach (Wellcoaches Corporation) and American College of Sports Medicine. He is also a Certified Master Practitioner (American Board of Neuro Linguistic Programming).



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Some of David's achievements include:

2014 Sundown Marathon Women's Relay – 2nd and 3rd placing
2013 Great Eastern Women's Half Marathon Relay – 1st placing
2013 Sundown Marathon Women's Relay – 2nd placing
2009 Sundown Marathon Women's Relay – 2nd
2009 SAFRA Quadathlon Women's Relay – 3rd
2009 SAFRA Quadathlon Men's Relay – 15th
2008 Sundown Marathon Women's Relay – 6th
2002 Army Naval Diving Unit 50km Race – 1st

Keynote and Training Topics include:

Live on the fast track
The Law of Attraction
Dream, Run & Achieve Together
Building Mental Resilience
Thriving in Life – Beyond Physical Limits
Excite, Educate and Empower
Debunking 10 Exercise Myths
Hero's Journey – Stepping into your new life
Living a Higher Life with Integrated Wellness
Power of Influence