



DEAN WHITNEY

Founder, Get Better Lab | Author of Get Better

KEY TALKS

1. Get Better: The Neuroscience of True Fulfillment

Most people optimize for a life they were taught to want, not the one they're built to live. This talk introduces a framework for closing that gap.

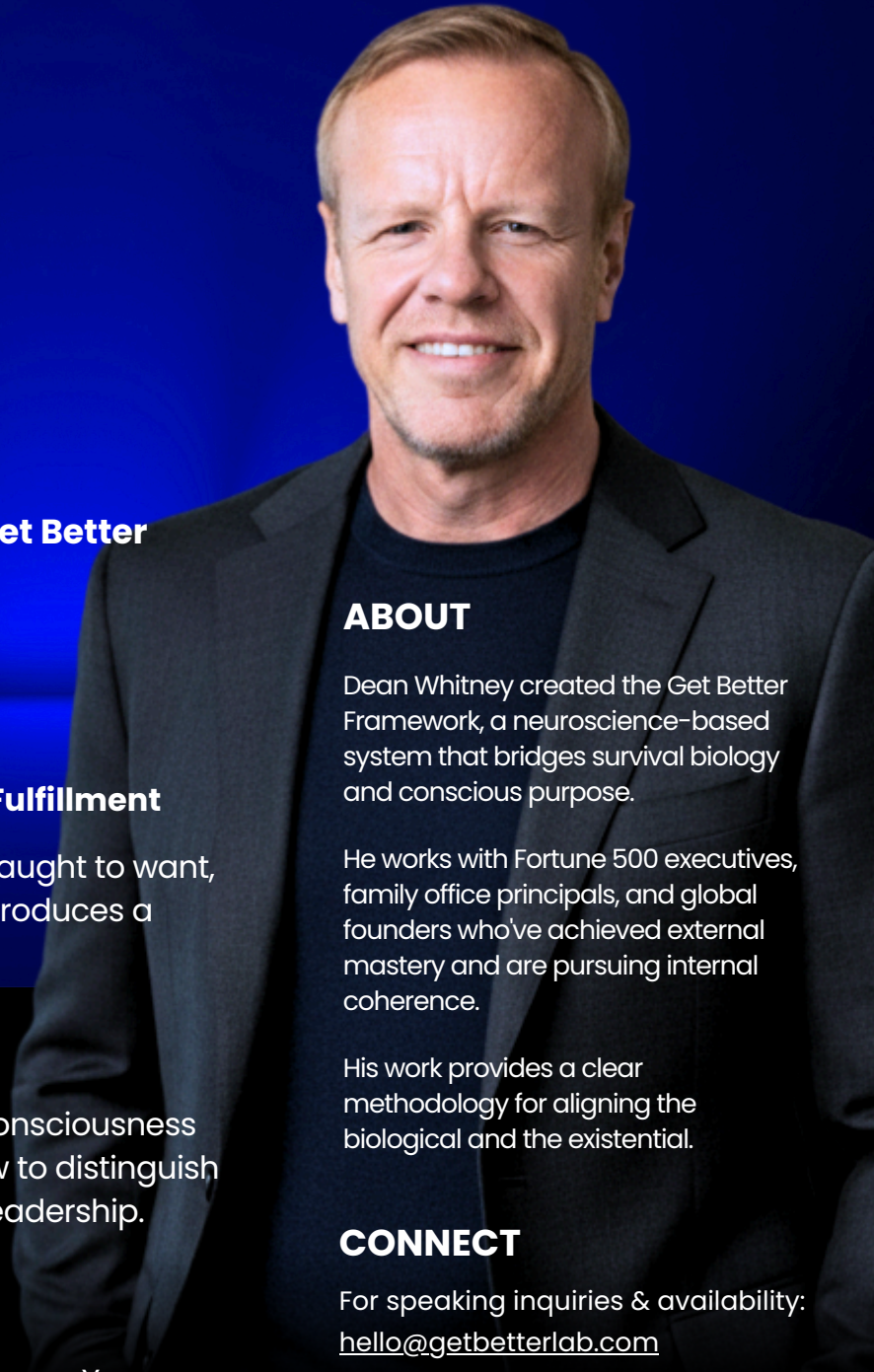
2. Human → Being

Your biology optimizes for survival. Your consciousness determines direction. This talk reveals how to distinguish between the two at the highest levels of leadership.

3. The Life Quality Score

Performance and wealth are easy to measure. Your lived experience is not. This diagnostic identifies stagnation before collapse.

Available for select conferences, keynotes, and private forums.



ABOUT

Dean Whitney created the Get Better Framework, a neuroscience-based system that bridges survival biology and conscious purpose.


He works with Fortune 500 executives, family office principals, and global founders who've achieved external mastery and are pursuing internal coherence.


His work provides a clear methodology for aligning the biological and the existential.

CONNECT

For speaking inquiries & availability:
hello@getbetterlab.com
getbetterlab.com



 Getbet.r

 DeanWhitney-GetBetter



Lifestyle and Wellness Coaching



Neuroscience Coach & Polyvagal Practitioner