

Nima Kouchekei

I speak to company teams about health and performance. Sleep, stress, food, recovery. The four levers most teams ignore and pay for in lost output and sick days.



SOHO HOUSE AMSTERDAM

SHORT BIO

Nima Kouchekei speaks to company teams about health and performance. He rebuilt his own health after a Crohn's diagnosis and spent thirteen years on it. He holds Certificates of Achievement from HMX, Harvard Medical School's online program, in genetics, immunology and biochemistry. He wrote *The Teacher I Never Wanted* and runs two health companies, Sleep Improvers and Get Body Data. People leave his talks with something they can use the same evening.

TALK	60 to 90 minutes with questions. €3,500
------	---

HALF DAY	3 to 4 hours, talk plus hands on work. €7,000
----------	---

ON STAGE	No selling. No pitch for my companies.
----------	--

LANGUAGES	English, Dutch, Swedish
-----------	-------------------------

TRAVELS FROM	Amsterdam, available in Europe
--------------	--------------------------------

TALKS

01

Health and performance for teams

The four levers most teams ignore. Sleep, stress, food and recovery, and what each one costs you.

03

Rebuilding your health after illness

Thirteen years from a Crohn's diagnosis to full recovery, and the biology behind it.

02

Sleep as a performance tool

What poor sleep takes from a team in output and sick days, and what to change this week.

04

Stress and energy for high output teams

Small changes people can apply the same evening, with the science that backs them.

WHAT BOOKING ME LOOKS LIKE

"I hired Nima to do a talk and workshop for my company. It was very informative in a light way, and also fun. People were still talking about it afterwards, and a few of us made small changes that affected us in a big way."

AVISHAI TRABELSI, CEO OF SHIPIX

FULL BIO

Nima Kouchekei speaks to company teams about sleep, stress, food and recovery. The four levers most teams ignore and pay for in lost output and sick days.

The material comes from his own life. A Crohn's diagnosis started thirteen years of rebuilding his health from the ground up. He studied the science properly along the way and holds Certificates of Achievement from HMX, Harvard Medical School's online program, in genetics, immunology and biochemistry. He also trained as a communicator, with a degree in communication and media studies from Linköping University and business development training at Hyper Island, so the science lands in the room.

He wrote The Teacher I Never Wanted about the recovery and the biology behind it. He runs two health companies, Sleep Improvers and Get Body Data, and interviews health experts on camera, which keeps his material current.

People leave with something they can use the same evening.

FROM THE ROOM

"I went to Soho House Amsterdam to see Nima speak, and it was very inspirational. My main takeaway was how important it is to actually get to know your own body. It gave me several practical things to start paying attention to in my own diet and lifestyle."

RONJA JANSZ, SOHO HOUSE AMSTERDAM

"I loved this talk. It was informative and emotional. I walked away with a lot of good information I can use in my every day life."

STINA STJÄRNSTRÖM, TALK ATTENDEE

CONTACT AND CHANNELS

EMAIL	nima@getbodydata.com
PHONE	+31 6 18 21 04 04
WEBSITE	nimakouchekei.com
TALK VIDEO	youtube.com/watch?v=leAafx8cFYc

CREDENTIALS

- Certificates of Achievement from HMX, Harvard Medical School's online program, in genetics, immunology and biochemistry
- Bachelor's in communication and media studies, Linköping University
- Business development training, Hyper Island
- Author of The Teacher I Never Wanted
- Founder of Sleep Improvers and Get Body Data

RECENT ROOMS

- Soho House Amsterdam, audience of 200
- Shipix, talk plus a team workshop

"A truly inspiring talk by Nima. His knowledge of health is incredibly impressive. You can tell he is genuinely passionate about helping people make informed decisions about their health. I left with valuable insights."

NATALIA CHRZANOWSKA, TALK ATTENDEE

"Nima is very knowledgeable and practices what he preaches. After being diagnosed with Crohn's disease, he completely changed his lifestyle to focus intensely on health."

KNUT GUDJONSSON, FOUNDER OF KNUTRONICS

YOUTUBE	@nimakouchekei
INSTAGRAM	nima.kouchekei
X	nima_kouchekei
BOOK	The Teacher I Never Wanted