



PSYCHIATRIST • COACH • SPEAKER

# MANUEL ASTRUC

A psychiatrist with over 50,000 hours helping people finally stop procrastinating, overcome adversity, and inspire change.

# ➔ TRANSFORM STRESS INTO SUCCESS

Today's entrepreneur and business leader is being pushed beyond a sustainable pace. They're getting frustrated and worn down. They know life isn't going to let up, and they're starting to wonder how long they can keep going. What's worse, even as they move forward, they've lost sight of their true dreams and aspirations.

Now, Manuel Astruc, a psychiatrist with over 20 years' experience, uses time-tested principles to help people rediscover their vision and align their actions with their life goals. In short, he helps them get from where they are to where they *really* want to be.

**Your Next Act** is a proven system to help busy people learn how to break free from a cycle of burnout and stress. Manuel Astruc teaches the resilience, speed and leadership needed to create mental fitness and well-being so entrepreneurs can stop surviving the journey and start enjoying it.



# → SIGNATURE TALK

## YOUR NEXT ACT

Discover How to **Create the Life You Actually Want to Live** and Make Happiness Inevitable

Somewhere along the way, entrepreneurs have lost sight of their true aspirations and dreams. They're burned-out, stressed-out and checked-out.

**Your Next Act** was created to help high-achieving, hard-driving entrepreneurs not just survive the journey, but enjoy it.

In his signature talk, Manuel teaches a proven system to build the resilience, speed, and leadership needed to create mental fitness and well-being. Your audience will leave ready to find happiness in their own life and become a catalyst for positive change.

ABOUT

# MANUEL ASTRUC

Manuel Astruc is a board-certified psychiatrist with over 20 years of experience and 50,000 hours serving clients face-to-face. His own story of burnout inspired a better conversation about how to avoid or overcome the damaging effects of stress and burnout. Manuel's proprietary **Your Next Act** program is designed to help busy entrepreneurs overcome obstacles and develop resilience, focus, and leadership. They may even avoid burnout altogether.

As a featured speaker, Manuel coaches audiences of entrepreneurs to experience more happiness, generate true success, and make a difference in their organizations and personal lives. His message was previously presented at M&T Bank and Rebuilding Together Saratoga.



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# ➔ PRAISE FOR MANUEL

*“I feel physically stronger. More energy helps me to concentrate and organize better at home and work.”*

*— Mary Taylor*

*“I integrated several activities into my life that I had thought about doing for ten years, but not accomplished. Now it’s just part of who I am.”*

*— Peter MacDonald*

*“I realized how my own thoughts had been holding me back, and I became aware of how powerful taking small steps on a consistent basis can be.”*

*— David Payette*

➔ **CONTINUE THE  
CONVERSATION**



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YOUR  
**NEXT**  
ACT

