



Claire & James Davis

MBA, MSC APPLIED
PSYCHOLOGY
NLP COACH
MIDLIFE EXPERT
SPEAKER
CORPORATE HEALTH &
WELLNESS



BIO

Claire & James Davis are a mid life, multi-award winning duo and owners of world renowned fitness brand 38 Degrees North and creators of the phenomenally successful, five star rated 'The Midlife Mentors' podcast, which has hit the top ten charts in both the US and UK.

They are passionate about helping stressed, dissatisfied people over 40 transform into the best possible version of themselves physical, mentally, emotionally and spiritually. Working with thousands of clients they have seen how intrinsically linked the mind and body are. Training one or the other in isolation will only get you so far, which is how they have developed their mind, body and soul approach. To help you evolve to the highest version of yourself.

SPEECH AND Q&A TITLE

Reclaim your identity: Practical steps to drastically improve quality of life, mind and body

SPEECH TIME

Friday: 17.30 - 18.00

Q&A SESSION TIME

Saturday: 15.00 - 15.30

Q&A TITLE

Busting diet myths for a vibrant, healthy body and mind

Q&A SESSION TIME

Friday: 16.30 - 17.15

Click on

SOCIAL MEDIA LINKS



WEBSITE LINK

www.thirtyeightdegreesnorth.com

www.38nacadeemy.com

www.themidlifementors.com

The Midlife Mentors Podcast:

SMART LINK (Redirects to your default player):

<https://link.chtbl.com/XqEvcHA2>

ITUNES

<https://apple.co/30p7j8Y>

SPOTIFY <https://spoti.fi/2JhGHRW>

GOOGLEPLAY <https://bit.ly/2Y2XFGB>

They have drawn on their qualifications spanning psychology, NLP, stress management, physical training and nutrition to develop a world leading formula that is not just about dramatically improving your physical body and health, but one that fundamentally enables you to reclaim the power in your life, relationships, and mindset - so you're free to thrive.

Claire & James are well regarded as authorities in the field of holistic wellbeing. They continue to be a force of truth, authenticity and integrity in the industry – demystifying the fads, fake promises and pseudo science that plague our news feeds.

They have built their business on simple steps that provide huge change. The science based method promises strength and resilience in body, mind and emotional wellbeing– giving clients the ultimate step by step toolkit they need to transform their their quality of life - so they feel alive, connected and the best version of themselves. Claire & James are well regarded as authorities in the field of holistic wellbeing. They continue to be a force of truth, authenticity and integrity in the industry – demystifying the fads, fake promises and pseudo science that plague our news feeds.