

Drew Myers - Intentionality Coach

How can we pour into other people and be a light for the world around us if we're not making ourselves a priority? How can you be the best spouse? The best parent? The best CEO? The counselor or therapist?

Spoiler alert: You can't!

When discussing the importance of self-care, self-love and self-compassion, speaker Drew Myers boldly says: "We become an afterthought. We give ourselves the scraps after we pour into our kids, our jobs, our social media addiction."

How do we combat this epidemic?

In his powerful keynote address, Drew reminds the audience to make the important things important, starting with themselves. He gives them permission to step into the spotlight and make themselves a priority. Every time he speaks, his goal is to unlock radical change and ignite a ripple effect across people's lives.

Since speaking at the Adolescent Symposium in 2024, Drew has also started putting a heavy emphasis on grace and reminding audiences – and his coaching clients – that perfection is boring, cliché and unattainable.

He said, "I'm thrilled to be invited back to the symposium and build on the foundation that was laid last year."

Drew Myers is an enlivener and a story seeker.

Through speaking and one-on-one coaching, he generates hope, inspires intentional action and reminds people to make the important things important – starting with themselves. He utilizes his podcasts and speaking engagements to showcase and celebrate individuals who have given themselves permission to live radically honest lives, pursue their dreams and live on purpose. As an Intentionality Coach through Fort Wellness Counseling in Fort Worth, Drew works one-on-one with clients to unlock radical change and inspire them to live full throttle ... in neutral.

Drew has a bachelor's degree in Mass Communications with an emphasis in Journalism. He also has a master's degree in Educational Administration. Probably his most impactful on-the-job training came as a college football coach and recruiting coordinator for a major Division I football program (Go Frogs!). His favorite title is "Dad," and he lives in Rainbow, Texas, on the banks of the Brazos River.

In September of 2021, his debut book – *The Tacos and Chocolate Diet* – was released. He's currently working on his follow-up books, *Stop Eating Shame Sandwiches*.