



Dr. Tommy Shavers, Founder & CEO of NESTRE Health & Performance

Dr. Tommy Shavers is the Founder and CEO of NESTRE Health & Performance, a solutions-based company focused on improving and strengthening mental and cognitive fitness, to help the mind and brain perform, react and respond at its highest level. **NESTRE** is the first **NEuro-STRE**ngth company to leverage the science of neuroplasticity, which refers to the brain's ability to change through growth and reorganization, with AI/Machine Learning to successfully apply a proprietary training method in the areas of brain health, mental wellness and cognitive human performance.

Dr. Shavers created a model of self-recovery and successfully healed himself from a decade-long mental and cognitive impairment and decline after suffering multiple career-ending concussions as a Division I college football player. Once he achieved what was deemed impossible, he aimed to create an efficient and scalable model to help others get better in the areas of brain health, mental wellness and cognitive performance. This breakthrough led to his discovery of the established science of neuroplasticity.

Dr. Shavers brings more than 10 years of organizational leadership and high-profile behavioral training experience to the company. He has spent the past decade consulting with college and professional sports as an NFL/NCAA behavioral consultant, as well as working with high-profile/high-performance individuals and organizations in the areas of performance, leadership, culture, and behavior. His client list of elite performers includes NFL athletes and coaches, medical professionals and business executives.

Dr. Shavers conducts NFL Rookie Symposiums and NCAA player conduct trainings in the areas of sexual assault, athlete behavior, and domestic violence. He is a former college professor, radio show host and TV guest expert. He has been featured in Bloomberg, *Sports Illustrated*, ESPN, Thrive Global and Authority magazine. He is the author of *The Next CEO*, *None of the Above* and *Man Made Man*, and has published works in the areas of social status, power and athlete behavior.

He also serves as the Sports & Health Chair for the Global Health Catalyst Summit, as a board member for the Society for NeuroSports, and is the creator of the HI-R Cognitive Performance Model™, HI-R Cognitive Performance Cycle™, and the NESTRE Training Model™.

Dr. Shavers was a 3-year letter-winner and football team captain at the University of Central Florida (UCF) where he also served as the athletics program's first Life Skills Coordinator. He has earned a B.A. in Organizational Communication and M.A. in Interpersonal Communication from UCF, M.A. in Biblical Studies from Ambridge University, and a D.M. in Organizational Leadership from the University of Phoenix.

Dr. Shavers is married to his high school sweetheart, Tomica. They have been married for 25 years and have three children. Through his own personal experiences and life journey, he is passionate about giving back to underserved communities and helping individuals from all backgrounds reach their highest potential.