



HELPING OTHER PEOPLE EVOLVE



DR. PATRICK MCLAUGHLIN

AUTHOR & INSPIRATIONAL SPEAKER



MISSION To teach, coach, guide, help, and lead individuals, groups, teams, and businesses to the concepts of life alignment to help them become the best version of themselves.

SPEAKER TOPICS

The Power of Being Present In a grief-filled, distracted world, presence is the most powerful gift we can reclaim. Based on his book *The Power of Being Present*, this inspiring talk introduces a simple, life-changing recipe for living fully—right where you are. Audiences learn how to find their place, follow their memories, face their feelings, focus on the present moment, and free themselves through acceptance and meaning. Through reflection and real-life insight, this talk reveals how presence becomes the bridge from loss to purpose—and unlocks the ultimate gift of life: being truly present.

The Possibility Mindset In a world shaped by assumptions, shortcuts, and noise, possibility begins with how we see. Drawing from his book *The Possibility Mindset*, this compelling talk challenges audiences to shift from habitual thinking to intentional awareness—and from limitation to opportunity. Built on six transformative principles, the talk invites participants to see what is actually there rather than what they want to see, value the wisdom found in resistance and pushback, and assume abundance instead of scarcity. Attendees learn how to remove interference rather than blame people, recognize potential in others before they see it in themselves, and step back from the crowd to discover a truer path forward. The Possibility Mindset is not about blind optimism—it's about clear vision, courageous thinking, and choosing a life defined by purpose, growth, and possibility.

Life Alignment What can a chiropractor teach you about life alignment? Dr. McLaughlin combines the power of a life operating system and your individual passion and goals to reach the best version of yourself living with purpose and joy. Life Alignment consists of *The Plan* and *The Process* to align one's passion, mission, vision, action, progression, and jubilation.

Jon Gordon Training Programs Dr. McLaughlin is one of 250 Nationally certified Jon Gordon Trainers in the country. His training programs can be delivered in one hour keynote formats or up to 3 hour workshops. They are centered on the following Jon Gordon books: *The Energy Bus*, *The Power of Positive Teams*, *The Power of Positive Leadership*, *7 Commitments of a Great Team*, and *Difficult Conversations Don't Have to Be Difficult*. These messages revolve around leaving the audience with a Positive Mindset, Positive Leadership and Positive Teamwork.

drpatmclaughlin.com

WORKSHOP SESSIONS



Dr. McLaughlin and I have partnered to bring the principles of positive leadership to organizations around the world and he is exceptionally qualified to help healthcare facilities and franchise organizations develop stronger mindsets, more effective leadership, and higher-performing teams. If you are looking for a facilitator with proven real world experience to implement my workshops in the healthcare or franchise industry, I give Dr. McLaughlin my highest endorsement"

— **Jon Gordon**

The Energy Bus (Mindset Training) Jon Gordon's #1 selling book and topic that shows how to harness positive energy to overcome challenges and achieve your goals. Themes include the power of positive thinking, the importance of gratitude and optimism, and how to create a positive work environment.

The Power of Positive Leadership (Leadership Training) All of history's greatest leaders have been optimists, believers, dreamers and doers who push past the problems and make great things happen. The reality is to change the world, create a world-class organization or bring together a successful team, you must have a positive outlook.

The Power of a Positive Team (Teamwork Training) Provides a blueprint for addressing common pitfalls that cause teams to fail—including complaining, selfishness, inconsistency, complacency, unaccountability—while offering solutions to enhance a team's creativity, grit, innovation and growth.

7 Commitments of a Great Team The seven commitments that great teams must make to build trust, foster connection, overcome adversity, and achieve extraordinary success.

Difficult Conversations Don't Have To Be Difficult An engaging and inspiring new take on how to make tough workplace conversations an asset in building a stronger team and organization.

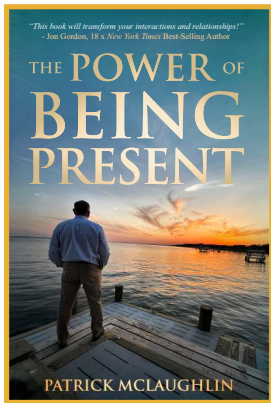
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* **Dr. McLaughlin is 1 of 250 Certified Jon Gordon Facilitators in the country.**

* *The Life Alignment workshop is not a Jon Gordon workshop.*

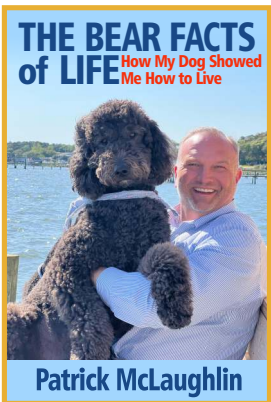
* *Training sessions and workshops can be utilized with both **The Power of Being Present** and **The Possibility Mindset** keynotes.*

PUBLISHED BOOKS

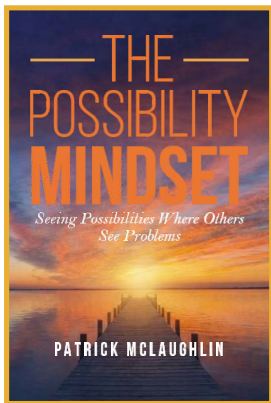


Presence is the Ultimate Gift of Life...
If we would just take the time to open it.

Open it!



Dr. McLaughlin shares the journey of his dog Bear, who through his life revealed the six fundamental and universal principles of a fulfilled and well lived life.



Dr. McLaughlin through exceptional story telling shares what is Possible for your life in revealing six principles that with proper vision and motion can often be located right before our very own eyes.

FEATURED PODCASTS



Bang the Drum | The Power of Passion and Being Present with the McLaughlin Brothers



The Jon Gordon Podcast
April 25, 2025



Glass Half Full



Pour It Out For Good
January 20, 2025



Life Alignment: Crafting Your Best Self with Dr. Patrick McLaughlin



The Author Your Brand Show
August 22, 2023



Navigating Fatherhood, Marriage, and Business with Dr. Pat McLaughlin



The Dad Project
August 16, 2024



What it Takes to Build a Championship Team



The Community Bank Podcast
April 27, 2026

Do you need bulk book copies for a group event, or are you interested in featuring Dr. McLaughlin on your podcast?

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ABOUT DOC

Patrick McLaughlin has been a chiropractor since 1991. He has opened 7 practices in North Carolina and currently owns and operates two practices in eastern North Carolina (Morehead City and New Bern). An entrepreneur, he has also been involved with Great Clips, Duck Donuts, StayDry Med Centers and Shape Med Centers. He was involved with Great Clips hair franchises for 14 years and amassed 50 salons during his tenure and was recognized as one of the top ten franchisees in number of salons in North America. In 2016, Great Clips recognized Dr. McLaughlin as having the franchise top market of the year.

A lifelong avid reader and learner, McLaughlin now is writing and speaking to impact others. He has been a guest lecturer at University of North Carolina-Chapel Hill's entrepreneur program since 2021.

His first book "**The Bear Facts of Life**" came out in 2024 with his second book "**The Power of Being Present**" out in 2025. His third book "**The Possibility Mindset**" is set to release in 2026. He has been featured on several podcasts and also speaks to corporations across the country.

He has been married to Maria, his wife since 1995, and has four grown children, two daughters Payton and Parker, and two sons, Sean and Ethan. A huge dog lover, he has three dogs as well, one miniature poodle and two goldendoodles. He enjoys golfing, boating, reading, music, concerts and live sporting events.

What's the best concert you've been to?

Any Kings of Leon or Van Halen concerts

What's the best book you've read recently?

Any of Jon Gordon's most recent books

What is your favorite animal?

Aside from my beloved pets, Bengal tigers, killer whales, and a great horned owl (the baddest land, water, and air animals)

What's your favorite food?

My grandmother's Hungarian Chicken Paprikash

What's your favorite movie?

The Gladiator

Do you have any hidden talents or hobbies?

My ping pong game is second to none

Are you a sports fan? Who are your favorite teams?

Yes! Any school my kids went to. Carolina Panthers and Charlotte Hornets.

What's one thing you're really bad at?

Terrible at driving directions; Thank God for GPS

What's one thing you're really good at?

Listening to others as learned through my chiropractic career

What is your favorite TV Program?

Yellowstone

Have you ever met anyone famous?

The world famous wrestler, Rick Flair

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WHAT THEY'RE SAYING

"This book will transform your interactions and relationships." —**Jon Gordon, 18 x New York Times Best-Selling Author**

"Dr. McLaughlin is a gifted communicator with the unique ability to share ideas that will add value to anyone's journey in both business and life" —**Kevin Brown, The Hero Effect**

"The Bear Facts of Life is filled with important lessons about how to live your best life. Pat captures the essence of joy, loyalty, and unconditional love that dogs bring into our homes and hearts. This book is a treasure trove of wisdom and emotions that resonates deeply, reminding us to cherish every moment with our beloved pets, and to exemplify their best traits when engaging with others." —**Steve Hockett, CEO & Rob Goggins, President, Great Clips**

"As someone deeply invested in innovation and leadership, I can say that The Power of Being Present offers invaluable insights into mindfulness and focused awareness that are essential for success in today's fast-paced world. This book is a must-read for aspiring entrepreneurs and seasoned professionals alike, providing practical strategies to harness the power of presence for transformative growth." —**Bernard Bell, Executive Director of the Shuford Program in Entrepreneurship, UNC-Chapel Hill**

"Patrick McLaughlin has written something rare — a memoir that transforms personal devastation into genuine wisdom. McLaughlin writes with the authenticity that can only come from someone who has walked through the valley and emerged with something valuable to share. This book will speak to anyone ready to stop running from their pain and start learning from it." —**Ryan Minton, 2x Best-Selling Author and Keynote Speaker**

"As a writer and publisher, I've read my fair share of books. Rarely do the words evoke a strong emotional response from me. This is the exception. Patrick's wisdom and heartfelt message will resonate deep into the hearts of nearly anyone. It's a book I would be proud to put on my shelf, but more valuable in the hands of my children." —**Doug Crowe, Author Your Brand, Inc.**

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Weichert
REALTORS

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OF COASTAL CAROLINA
SERVING OTHERS WITH MANY HANDS AND ONE HEART



Craven
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NCCA
NC Chiropractic Association

CBMC



THE UNIVERSITY
of NORTH CAROLINA
at CHAPEL HILL



IRREVERENT
WARRIORS
BRINGING VETERANS TOGETHER

drpatmclaughlin.com



ENGAGEMENT PROPOSAL

1

Keynote
Speech

2

Workshop

3

Keynote Speech
and Workshop

Bulk book sales can be added to any of the services above.

***Schedule a complimentary discovery call with Dr. McLaughlin
to learn more and discuss your goals.***

CONNECT WITH US



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