

A man in a dark blue suit, light blue shirt, and patterned tie, wearing glasses, is smiling and looking up at a basketball he is holding with his right hand. The background is a lush green outdoor setting with trees and a stone path.

DAVE STRIEGEL, PH.D.

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MEET DR. DAVE

Dr. Dave Striegel is a highly respected performance coach, consultant, and speaker with a Ph.D. in sport psychology and more than three decades of experience helping people perform at their best when the pressure is real.

Over the years, Dave has worked with a wide range of high performers—from professional and elite amateur athletes to Fortune 500 executives, business owners, doctors, educators, and law-enforcement professionals. His background includes work with athletes competing on the PGA, LPGA, ATP & WTA Tours, as well as teams and individuals from MLB, NBA, NFL, NHL, the U.S. Ski Team, and elite military and federal law-enforcement units.

While the principles Dave teaches apply broadly, his sweet spot is working with **highly driven leaders and teams** who care deeply about results—and feel the weight that comes with that responsibility. His work focuses on helping people think more clearly, communicate more effectively, and perform consistently under pressure.

In recent years, Dave has become especially well known for his work coaching leaders in dentistry. He helps practice owners and leadership teams translate performance psychology into practical strategies that improve team alignment, reduce stress, and drive sustainable profitability—without losing the human side of leadership.

As a speaker and coach, Dave is known for his engaging, no-nonsense style. He has a gift for cutting through noise, simplifying complex challenges, and helping people focus on what actually moves the needle. Clients value his ability to make ideas stick—and to turn insight into action they can apply immediately at work and at home.



TESTIMONIALS

"Dr. Dave gets you ready to face your practice's challenges with confidence, knowledge and grace. I love his style. He's not only engaging and motivating, but he also simplifies what are often complicated issues. I leave with a clear focus, ready to go to another level."

– Olivia Cajulis, DDS

"David Striegel, Ph.D., uses superb insight to synthesize key concerns and cut right through them to their very core. His balanced approach to all sides of key issues maximizes learning as the audience members work through options for themselves, arriving at their best decision. His guidance is empowering. His style is never imposing. He is cool and professional in the face of even the most sensitive topics, and he can teach you to be the same." – Professor Francesco Chiappelli, Ph.D., AAAS Fellow, Fulbright Specialist, ADA EBD Champion UCLA School of Dentistry

"Dr. Dave is a true professional, while also being very approachable. His confident yet non-threatening approach challenges the audience to explore and understand all sides of an issue. Each time I attend one of his presentations, I take away new insights to apply in my practice the next day. He presents difficult topics with clarity and grace while his overall message remains exceptionally motivating. I can't wait to hear him speak again."

– Crystal L. Angelopoulos, DMD

"Dr. Dave has a very unique and empowering style that establishes a clear and precise direction for the audience. His speaking helps bring me and my team together to embrace the vision of my practice. He makes complicated topics easy to understand and methodically breaks down what seem to be big challenges into smaller, easily achievable steps. Dave's presentations have helped my team AND me elevate above the day-to-day challenges and not lose sight of our ultimate success. A large part of our immense personal and professional growth is because of Dr. Dave."

– Kiran Rapal, DDS

"Dr. Dave has a way of sharing his knowledge about practice management and performance that is unintimidating, interesting, and very pertinent at the same time. He has the ability to narrow your focus to deal with tough issues. His way of speaking is entertaining and always has me waiting for his next pearl of wisdom that I can apply to my practice."

– Solomon Cantwell, DMD



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Associations

- American Association of Health, Physical Education, Recreation & Dance (AAHPERD)
- American Student Dental Association, District 10 (multiple)
- American Association of Dental Office Managers, San Diego Chapter (AADOM)
- Association of Applied Sport Psychology (AASP) (multiple)
- Chicago Dental Society Midwinter Meeting
- San Diego Association of Pediatric Dentistry
- San Diego County Dental Society
- United States Tennis Association Player Development (multiple)

Study Clubs

- Beacon Oral Maxillofacial Surgery (multiple)
- Denver Implant Academy (multiple)
- Los Gatos Oral & Facial Surgery (multiple)
- New Hampshire Oral Maxillofacial Surgery (multiple)
- Nova Surgicare
- Nu Image (Seattle Study Club)
- Oral Surgery Hawaii (multiple)

Other

- College preparatory schools (multiple)
- Financial Services Firms (including Smith Barney)
- Pacific Dental Services
- Practice Enhancement Group (multiple)
- WEvolution
- Youth sports organizations and teams (multiple)