



AUTHOR | SPEAKER | THOUGHT LEADER

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**DOMINICK QUARTUCCIO**  
MEDIA & SPEAKER KIT 2020

[DOMINICKQ.COM](http://DOMINICKQ.COM)







DOMINICK Q

**DOMINICK Q IS THE NAME ON EVERYONE'S LIPS RIGHT NOW, CREATING WAVES OF CHANGE AND TRANSFORMATION IN THE MEN'S HEALTH AND LEADERSHIP SPACE, BY INSPIRING MEN TO DISCOVER AND LIVE THE GREAT MAN WITHIN.**

Society's understanding of masculinity is changing, and collectively we are redefining what it means to be a man by broadening the narrative and questioning archaic beliefs that may no longer serve us. Having enjoyed a full and -- by conventional terms -- successful professional life in corporate America as a VP within Prudential Retirement - a Fortune 50 company -, Dominick started the process of deep introspection and self-reflection when he reached the top of the corporate ladder, finding himself asking the one question almost every man asks. **"What's next, and where do I go from here"?**

Grateful for his journey within the financial services industry, and acknowledging the rewards and fruits of his labor over 15 dedicated years, Dominick said goodbye to the highrise and commenced a 90-day "radical sabbatical" filled with exploration and learning before continuing his career as a professional speaker in 2016.

*During this time he became the author of two books:*

***Design Your Future: 3 Steps to Stop Drifting and Take Command of Your Life,***

*and most recently,*

***On Purpose Leadership: Master the Art of Leading Yourself to Inspire and Impact Others*** (Sept. 2020)



AS SEEN ON



In 2014, Dominick felt a deep calling to explore the realms of masculinity, and men's personal development. If masculinity is a recipe designed by each man, what ingredients set apart a good man from a great man? What does it mean to be a man in our ever-evolving modern world? To start answering these questions, Dominick experimented on himself. He attended men's retreats like the ManKind Project, read dozens of books on masculinity and femininity, started his own men's group (which he's executed weekly for 3 years), and began running men's retreats. He created The Great Man Mastermind, a select community of high-performing men living their highest potential, and formed The Great Man Within, an online community and movement of hundreds of men around the world all with one common goal: to uncover and live the best version of themselves.

In an age of people telling others what to think, Dominick helps men re-learn how to think about their masculinity -- and how they want to show up in the world. Without providing a prescription for what masculinity "should" be, Dominick creates space for men to do their own inner work, placing lights along the path to guide their questions, challenge their assumptions, and ultimately help them uncover the man they have been trying to become. If you want someone to do the work for you, Dominick's approach is not for you. If you're ready to hold up the mirror, and put in the time and energy, hop on board.

**As an outspoken advocate of men,** Dominick inspires men (and their women) to do inner work. He co-hosts **The Great Man Within** podcast, covering the high-performing man's top subjects: such as purpose, sex, and legacy. He is frequently seen in the media, dissecting topics in men's sexual wellbeing, relationships, and men's mental health. You've heard Dominick on NPR, read about him in the New York Times, and watched him on TED.com.



LIVING A  
LIFE OF PURPOSE

CULTIVATING  
SEXUAL WISDOM

ADVOCATING  
FOR WOMEN

FINDING & FORGING  
BONDS WITH OTHER MEN

DEFINING  
SPIRITUALITY

# Discover the Great Man Within You

**YOU HAVE A GREAT MAN LYING DORMANT WITHIN YOU.  
I'M HERE TO HELP YOU WAKE HIM UP.**

Your hosts, Dominick Quartuccio and Bryan Stacy (Co-Founder & CEO, Vaheala Health) are your guides for a High-Achieving Man's Journey to Personal Development.

The Great Man designs his life with intentionality, plays bigger games, and leads those around him to higher ground.

A high-performing man's guide to the essentials:

- **PURPOSE**

Learn how to find your calling and live a life of meaning and fulfillment.

- **SEX & PORN**

Master sex and deepen intimacy... and conquer porn.

- **MASCULINITY**

Debunk outdated myths and define masculinity on your own terms.

- **LEADERSHIP**

Master the art of leading yourself so you can inspire and impact others.

- **BOOKS GREAT MEN READ**

Get access to must-read books for aspiring Great Men.

- **WOMEN**

Learn inside secrets from inspiring leaders of women's communities.

It's been said that the Definition of Hell is: *"At the end of your life, the man you became meets the man you could have become."* This happens to the men who choose to settle for a life of predictability, comfort, and safety... at the expense of living their Purpose.

This podcast is for the man who rejects *good* because he settles for nothing less than *Great*. That man you "could have become" is the Great Man Within you.

Napoleon Hill (*Think and Grow Rich*) calls this the "other self."

Stephen Pressfield (*War of Art*) calls this "the unlived life."

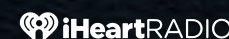
Wayne Dyer (*Wishes Fulfilled*) calls this "the invisible self."

“If Tim Ferris, Napoleon Hill and David Deida made a podcast, this would be it.”



**A MIND AND HEART OPENING PODCAST!**

It is rare to find a podcast that provides both deep insight and practical advice on some of life's deepest and most universal challenges. Thank you Dom and Bryan for sharing your wisdom and that of all your guests.





MASTER THE ART  
*of* LEADING YOURSELF  
to INSPIRE AND IMPACT OTHERS

*On Purpose*  
**LEADERSHIP**

DOMINICK QUARTUCCIO

## On Purpose Leadership

**You're professionally accomplished, you lead others to perform, and you drive results.** Yet there's a part of you that is unsatisfied with achievement alone; you **seek a deeper sense of purpose and fulfillment.**

More and more people are viewing their work as the enemy to living their purpose at precisely the same time they are craving meaning in the work they do.

“There is a difference between success and fulfillment. This is for the leader who demands both.”

They are seeking leadership rooted in purpose to inspire them to tap into something deeper so they can go the extra mile for you.

**You must show them the way,  
by living and leading on purpose.**



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**BARNES  
& NOBLE**



# Speaking

“Compared to the hundreds of keynote speakers we have had in more than 30 years in the meetings industry, his session ranked in the top 1% of keynote scores from attendees.”



## ♂ Discover and Live the Great Man Within You

On paper, a good man has a lot to be desired. In the world, he is generally respected by those around him.... But he can't shake the feeling he's unfulfilled by the life he's created for himself. A Great Man lives a deeply meaningful life of his own design. He is in passionate pursuit of his Purpose and is admired by those around him. Learn the 7 key distinctions between a good and Great Man, so you can discover and live the Great Man Within You.

## ♂ Conquering Porn: From Compulsion to Control

An inspiring, practical and shame-free call to men who want to break free from the invisible hold porn has over their sex lives...in pursuit of freedom, intimacy and way, WAY better sex.

## ♂ The Way of the Mentally Tougher Man

5 non-obvious practices that mentally tough men make habit in order to thrive no matter how challenging the environment.

## ♂ The New Rules of Masculine Leadership

Learn the emerging art of conscious, powerful, and feminine-honoring leadership that gets results in the boardroom (and passion in the bedroom).

## ♀ How to Talk to Your Man About Porn

The Do's and Don'ts of approaching your man to engage him in an open, intimate and safe conversation about relationships' #1 taboo topic.

## ♀ The Unspoken Realities of Men's Inner Lives

An honest and compassionate exploration of the undiscussed worlds of men's mental and emotional lives, as well as what men hide from women (and why).

Interested in having  
**Dominick Q** speak at  
your next event?

GET IN TOUCH  
**DOMINICKQ.COM**





# Expert Commentary

**DOMINICK QUARTUCCIO** IS A RECOGNIZED THOUGHT LEADER IN THE MEN'S HEALTH SPACE, AND IS FREQUENTLY ASKED TO PROVIDE COMMENTARY AND INSIGHTS ON THE FOLLOWING TOPICS.

- The **future of men's** work
- **Healthy** masculine leadership
- **Men with purpose;**  
the new 'playbook' for high performers
- **How to achieve external success**  
with internal fulfilment
- **Intentional lifestyle design**
- The **secret inner worlds** of men
- Overcoming **sex** and **porn addiction**.



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## MEDIA & PUBLICITY ENQUIRIES

FOR EXPERT COMMENTARY OR FEATURE OPPORTUNITIES, PLEASE FORWARD YOUR INTERVIEW REQUESTS TO:

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