

MOSHE HALAWANI

SPEAKER · EVENT HOST · COLD PLUNGE GUIDE

Comfort is overrated.

Moshe went from the heavy kid with a Slurpee to a man with 2,000+ cold plunges behind him and hundreds of people coached. He speaks to students, teams and audiences about discipline, faith and doing the hard thing first, with real stories and something to do the next morning. He hosts the Meatballs & Meaning podcast and founded Mohala Supplements.

2,000+	100s	100s	158K
COLD PLUNGES	FIRST-TIMERS COACHED	COACHED, AGES 10 TO 90	VIEWS ON ONE CLIP

SIGNATURE TALKS

What Moshe speaks on

01 **Getting out of your comfort zone**
Growth lives on the other side of "I don't want to." How to get there on purpose.

02 **If you must, then you can**
What 2,000 cold plunges taught him about willpower, and why it's still hard every time.

03 **Protect your energy**
Three daily habits to stay calm and stop reacting to everything.

04 **Anger blocks blessings**
Patience, kindness, and the customer who screamed at him.

FORMATS

Ways to book

Keynote	30 to 45 min
Workshop	60 to 90 min, guided breathing
Talk & live plunge	Half day
Group plunge event	Tubs, ice, program

HEARD IN THE ROOM

"He shared deep yet applicable insights regarding the Torah. We couldn't stop talking about how amazing the conversation was even days after it was filmed."

ANNETTE MIZRAHI, LIVING INSPIRED PODCAST

SPOKEN AT & HEARD ON

Advanced School of Business
The Be Conscious Foundation
Living Inspired Podcast

Bring Moshe to your group.

Send your date, group size and location. Moshe replies within a day.

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