

Neil Wagstaff

Performance Coach

Affiliate

LEARNER • **ACHIEVER** • INDIVIDUALIZATION • **ARRANGER** • **SELF ASSURANCE**

PROFILE

Neil Wagstaff is a high performance individual and team coach. He has spent over 25 years in the health, wellness and fitness sector helping a variety of clients in corporate, sport, clinical and fitness settings.

Neil has worked with individuals and organisations globally helping them improve performance and wellbeing. He is an international speaker, educator, health coach, and father to three young children. He understands the challenges of maintaining the daily rituals needed for high performance and productivity, and more importantly how to integrate them into a busy daily schedule.

Currently the director and owner of a fitness, health and coaching business in Hawkes Bay, New Zealand with local clients attending his facility and global clients online, Neil pulls from his corporate experience in sales, operations and training and development to help them reach their full potential.

Neil applies a truly holistic and fun approach to his coaching and business, not only looking at external influences, but also looking at the power of the mind and internal health and wellbeing.

He understands that the systems of the body are highly interconnected and with this in mind he has a strong focus on lifestyle management and epigenetics as the foundation for high performance, strength based coaching and mentoring.

Neil has been studying for over 30 years and continues to stay at the cutting edge of scientific research. This is backed up with his critical thinking and extensive coaching experience. In 2025 Neil is adding the 2b Limitless Coach training to his experience allowing him to take clients and teams to the next level.

CERTIFICATION & QUALIFICATIONS

- Holistic Movement Coach (Advanced level)
- Ph360 Endorsed Coach
- Paul Chek Holistic Lifestyle Coach
- Te Mahi Ako Workplace Assessor
- National Certificate in Fitness (Exercise Consultant)
- National Certificate in Fitness (Personal Training Business Skills)
- Post Graduate in Cardiac Rehabilitation. Assessing, prescribing and coaching exercise and physical activity
- Diploma of Higher Education in Sports Science and Fitness Evaluation