



Darren Steeves

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As CEO and founder of JackHabbit, Darren Steeves works to help people build and sustain healthy habits through evidence-based research, emphasizing collaboration, innovation, curiosity and integrity. He has an extensive 25-year background in health and performance, consulting with top executives, Olympic medalists and world champion athletes. He is widely published on the topics of wellness, resiliency, and behaviour change. He is a graduate of Dalhousie University where he also serves as adjunct professor in the School of Health and Human Performance.