



Riley Cote

NHL Alum, Philadelphia Flyers

Wellness Speaker

Co-founder of "Athletes for Care" and Advocate for the Hemp/Cannabis Industry

"The body naturally wants to heal and work in harmony with the mind. All the resources are there, we just need to connect with them "

-Riley Cote

Speaking Topics Include

- **Fight vs. Flight: Whether on the Ice or Getting Through Your Day**
- **Hemp & Cannabis: History in the Making**
- **Life as an NHL Enforcer**

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We are all storytellers.
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share their stories
with you.



Let us tell you **Riley Cote's** story

NHL Alum, and former Philadelphia Flyer, Riley Cote's 250 on-ice brawls as a left-winger gained him a **reputation as "the enforcer"**. That title didn't define Riley during his playing days and it doesn't now. Riley has now earned the reputation as a sought after educational and inspirational speaker. Speaking on such topics as emotional well being, innovations in the world of wellness through hemp and cannabis, and leading a life of purpose, Riley is an educator, influencer and motivator.

After his retirement, Cote founded the Hemp Heals Foundation in 2011. The foundation is a non-profit organization that promotes cannabis and hemp as a viable renewable resource. Riley's goal is to **teach everyone that cannabis and hemp have the power to increase their overall quality of life**. He sits on the Pennsylvania Hemp Industries Council board and also co-founded Athletes For Care. This organization empowers athletes to find safe and non-toxic measures to relieve and manage the pain that comes with playing years of competitive sports.

Riley's keynotes and philosophy focus on three core topics:

- **Fight vs. Flight: Whether on the Ice or Just Getting Through Your Day** - Riley discusses Fight vs. Flight and how it applies to both hockey and everyday life.
- **Hemp and Cannabis: History in the Making** - Riley discusses the history of hemp and cannabis in the United States , the therapeutic benefits they have to offer, as well as the potential they have to bring improved general wellness to the entire world.
- **Life in the NHL: One Enforcers Story From Fighter to Fitness** - Riley gives all the details about what it takes to become a top athlete and what life in the NHL is really like.

There is no one in this world quite like Riley Cote. From gaining a reputation as one of the toughest players in the NHL, to educating the world about meditation and mindfulness, Riley is genuinely one of a kind. While his path has been unique, **Riley is able to connect with and inspire** individuals from all walks of life.

Riley Cote has educated and mentored some of the best athletes in the world. Now it's time to bring that message to your audience.



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