



Timothy Eldred is a leadership coach, speaker, and author with more than 35 years of experience working with high-capacity leaders navigating burnout, breakdown, and the path back to themselves. After a life-altering health crisis forced him to confront the limits of everything he'd built his work on, he developed the S.H.I.F.T. framework — a body-first approach to transformation grounded in nervous system science. His work reaches over 9,200 Substack subscribers. He hosts the *Square Peg Round Hole* podcast. His newest book, *The Shift: Rewire Your Body. Reclaim Your Mind. Restore Your Life.*, is available on Amazon.

*“You can’t think your way out of what your body refuses to forget.”*

## HOW TO INTRODUCE HIM

*“My guest today has spent his career working with people who look like they have it all together on the outside — and are completely falling apart on the inside. He’s a coach, a speaker, the host of Square Peg Round Hole, and the author of The Shift. Tim Eldred, welcome to the show.”*

## EPIISODE ANGLES

- 01 Why Discipline Keeps Failing Smart People**  
— You can’t outthink a dysregulated nervous system.
- 02 The Self-Help Industry’s Dirty Secret**  
— Discipline fails when the body doesn’t feel safe.
- 03 What “Stuck” Actually Means**  
— Most people aren’t lazy—they’re exhausted from fighting themselves.
- 04 Why Rhythms Last and Breakthroughs Don’t**  
— Motivation is unreliable. Systems built on safety are not.
- 05 The Body Keeps Score—But So Does Your Calendar**  
— Rhythms last. Breakthroughs don’t.

## PLATFORMS

<b>Substack</b>	9,200+ subscribers · <a href="https://blog.timothyeldred.com">blog.timothyeldred.com</a>
<b>Podcast</b>	Square Peg Round Hole · Active
<b>Coaching</b>	Multi-coach practice · 35+ years