



DAWN DIMICCO

SPEAKER/AUTHOR/MENTAL PERFORMANCE COACH



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About Dawn

Dawn DiMicco is a Mental Performance Coach, speaker, and author who delivers actionable strategies for mindset, habits, and leadership.

A former dual-sport collegiate athlete, Dawn combines the grit of competition with the science of performance. She holds a Master's in Social Work, certifications in mental performance, mental toughness, fitness, and nutrition, and years of coaching experience.

Her background as an athlete and coach has allowed her to work with individuals, teams, and organizations to achieve measurable outcomes.

She has helped clients drop weight, rebuild confidence, increase revenue, sharpen focus, and sustain higher energy.

Dawn is the founder of Epic Redemption Coaching and co-creator of The CLEAR Planner. She is known for her direct, high-energy style that goes beyond motivation to deliver clarity, confidence, and execution.

WHAT SETS DAWN APART

- Author of 3 books on mindset and performance (Courage Rising, Champion Rising, Daily Rising)
- Host of the Daily Rising Podcast (300+ episodes)
- Direct, no fluff, just strategies that stick



Programs & Delivery

Dawn helps people build clarity, confidence, and execution.

Her Ignite Excellence Framework gives individuals and teams practical strategies to:

- Build a Champion Mindset under pressure
- Strengthen Inspired Leadership through self-leadership and accountability
- Create a Team Culture of Excellence rooted in trust, collaboration, and execution

Audiences walk away with tools they can use immediately to raise standards, follow through, and perform at their best.

SPEAKING & TRAINING TOPICS

- Clarity, Confidence, Execution: The mental performance blueprint to reset and rise
- Champion Mindset: How to perform under pressure and follow through every time
- Inspired Leadership: Self-leadership strategies to model excellence and avoid burnout
- Team Culture of Excellence: Build collaboration, accountability, and trust to win together

HOW TO WORK WITH DAWN

- Keynote Speaking – Ignite the room and shift the standard
- Team Consulting/Training – Equip your team with frameworks that drive performance and culture
- 1:1 Coaching – Customized strategies for women ready to reset confidence and consistency



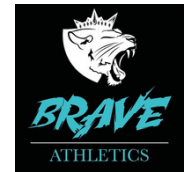
MY MISSION IS TO INSTILL COURAGE, ELEVATE MINDSETS, AND IGNITE EXCELLENCE WITH CONTAGIOUS ENERGY.



Dawn In Action

See a small sample of Dawn delivering Key Strategies

[Click Here](#)



Dawn offers tremendous value to companies. She was knowledgeable about our business vertical, she engaged the staff, it was both collaborative and full of energy. The session was geared towards teamwork, training and getting out of your comfort zone. It was a very positive experience for our team members and left with great take aways and strategies for growth.



Jessica Boone
National Coordinator of Women's Sports

Dawn's session was nothing short of magical! The energy and insights she brought to the team were truly inspiring and resonated deeply with all of us.

Her ability to connect with the audience and share powerful messages about excellence and positivity made a lasting impact.



Adam Basset
Assistant Vice President - Employee Support, L'Oréal USA - BEST HR